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therapeutic guide to ayurvedic medicine

Dr. R. R. PATHAK

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THE AUTHOR & THE BOOK

Dr. R. R. Pathak is reputed as an erudite author of Ayurvedic Science. I came to know of his vast learning when he was my predecessor as Director of the Institute of Post Graduate Ayurvedic Studies and Research at Jamnagar (Gujrat). And he earned international reputation as the Director of the Bandarnaike Memorial Ayurvedic Research Institute at Colombo (Ceylon).

He also possesses eminence and experience as a successful Ayurvedic physician. He is respected as an authority on 'Kaya Chikitsa' and this book written by him naturally presents a fine synthesis of learning and practical experience of Ayurvedic therapy.

Dr. Vishwanath Dwivedi,
Professor and Head of the Ayurveda Vibhag at the Varanaseya Sanskrit University and former Director of the Post Graduate Ayurvedic Studies and Research Institute, Jamnagar.

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"Shri Ramdayal Joshi Memorial Āyurvedic Research Institute Publication Series"—No. 1

Therapeutic Guide to Āyurvedic Medicine

(A hand-book on Āyurvedic Medicine)

By

Vidyabhaskar, Ayurvedacharya
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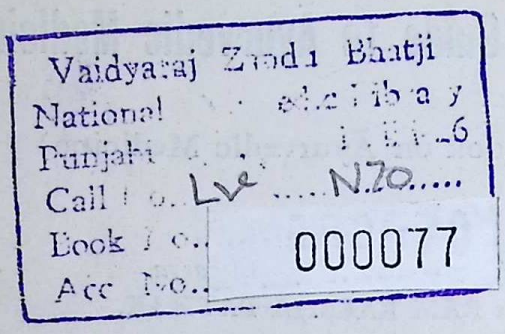

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AYURVED-VIBHUTI

LATE PANDIT RAMDAYAL JOSHI

Founder of **Shree Baidyanath Ayurved Bhawan (P) Ltd.**

who displayed unique interest in publication of standard Ayurvedic literature and in whose memory an Ayurvedic Research Institute has been established at Patna (Bihar) by Shree Baidyanath Ayurved Bhawan (P) Ltd.

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PUBLISHER'S NOTE

It is well-known that the ancient culture of India includes the most ancient system of medicine also known as Ayurveda, which is not only a system of curing patients but a science of life and living also. This Indian medical science aims at building a sound body, a sound mind and a sound soul too.

This system needs exposition and presentation through foreign languages also, specially English which is not only understood in various countries outside India but in different States of India also. English serves as a link language for those Indians who understand neither Sanskrit nor Hindi. The original classics of Ayurveda are written in Sanskrit but their commentaries are available in Hindi and other Indian languages. Such a book as the present one needed publication for non-Hindi-Sanskrit knowing Indians.

The primary object of the half-century old Shree Baidyanath Ayurved Bhawan Private Ltd., is not only to manufacture Ayurvedic medicines and earn money but to publish standard Ayurvedic literature and produce standard Ayurvedic physicians and surgeons also. That is why we have published a number of Ayurvedic works in Hindi and in English. Late Ayurveda-Vibhuti Pandit Ram Dayal Joshi and Vaidyaraj Pt. Ram Narayan Sharma, founders of our institution really took great interest in getting standard works for publication. Their devotion alone has been the secret of the success of our publications.

Now that Ayurveda-Vibhuti Pandit Ram Dayal Joshi is no more in this mortal world, we have established an institution for research in Ayurvedic literature in his sacred memory named Pandit Ram Dayal Joshi Memorial Ayurvedic Sahitya Shodha Sansthan. Fortunately for this institution the renowned Ayurvedic scholar Ayurveda-Chakravarti Dr. R. R. Pathak, Ayurvedacharya retired as the Advisor for Ayurveda to the Govt. of Ceylon and Director, Bandarnaike Memorial Ayurvedic Research Institute (Ceylon) and has kindly consented to guide this institution as its honorary Director. He has also guided the Post-Gra-

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duate Training and Central Research Institute for Ayurveda at Jamnagar as its Director for a long period.

This volume is the maiden publication of this institution written by the leading Ayurvedic author Dr. R. R. Pathak. This book fulfils a longfelt demand of the medical world. It is not only authentic but also exhaustive and practical for the purpose of Ayurvedic treatment. It will no doubt go a long way to help general medical practitioners interested in the Ayurvedic system of medicine. Shree Baidyanath Ayurved Bhawan Private Ltd., has already achieved the goal of manufacturing standard Ayurvedic medicines and now this publication is definitely an acquisition for the achievement of our goal of producing standard Ayurvedic physicians.

I deem it my duty to express my gratefulness to the authorities of the Bhargava Bhushan Press, particularly Shri Surendra Bhargava and Shri Chandrashekhar Pandey for their zeal to print this book at a very short notice.

15th August, 1970.

Durga Prasad Sharma
(Ayurveda Shiromani, Vaidyaratna,
Pranacharya, Ayurvedacharya)
Director, Shree Baidyanath Ayurved
Bhawan (P) Ltd., PATNA-1.

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FOREWORD

On the eve of the scientific progress when medical world is trying to find out a common line of treatment which can be called a national medical treatment of this country, Ayurveda the ancient science of health and healing cannot be an exception to be tested on this touch-stone. In view of the fact that several laboratories under so many experts are busy to explore the medical truth for the benefit of the suffering humanity, Ayurveda or the savants of Ayurveda cannot sit silent. As a result many books have already been written in past and are being written to-day to fulfil this demand. We often come across many such scientific papers published by scholars. Even then, the basis of these books and papers does not give a clear concept of the Ayurvedic therapy. The subject-matter represented there are vague from Ayurvedic point of view.

The interpretations made of the basic terminologies of Ayurveda are sometimes most misleading. The Tridosha theory of Ayurveda—the triad principles—translated as wind, bile and phlegm has created a great confusion in the minds of readers and students. It is gratifying to note that the author of this book has successfully tried to remove this confusion by explaining the Tridosha theory in a very lucid language intelligible to all medical practitioners interested in this great science of Ayurveda. The author of this book is a well-known scholar in Ayurvedic world and has contributed sufficiently to enrich the literary treasure of Ayurveda. I have been in personal contact with him for many years as a colleague in the Institute of Ayurvedic Studies and Research at Jamnagar where he was Director for several years.

Other authors, have no doubt taken a great pain to produce their works in this field, but being a modern doctor could not give an insight into the concept of Ayurvedic Therapy. However their contributions are appreciable. Shri R. R. Pathak, being an erudite scholar of Ayurveda has an opportunity to hold the topmost position in many premier Institutions such as Principal of Ayurvedic Colleges in U. P. and Bihar and Director of Central Research Institute in Indigenous Me-

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dicine, Institute for Ayurvedic Studies and Research, Jamnagar, Bandaranaike Memorial Ayurvedic Research Institute, Navinna, Ceylon and Advisor on Ayurveda Govt. of Ceylon, is a competent authority to express and clarify the ideas pertaining to the theory and practice of Ayurveda. He has taken a great pain to explain the concept of the basic principles and their applied aspect along with the principles and applied aspect of the Ayurvedic Therapy in the introductory chapter of the book, which will enable the readers to grasp the subject easily.

In this book the physician will get a clear descriptions of all diseases, which are most common and a physician is very often encountered with them along with their treatment. In the end, the author has nicely given four appendices dealing with the definitions of technical terms, dictionary of technical terms, glossary of medicinal herbs and Ayurvedic preparations along with their doses, indications and references. This treatise, though concise gives a complete picture of Ayurvedic therapy and offers a good working knowledge to the practitioners. The prescriptions are well tried and authentic.

I am confident that this will be very popular among those practitioners of medicine who are not well conversant with the Hindi and Sanskrit languages. Ayurvedic practitioners will also like it and will find it very useful in their daily practices. I thank Shri R. R. Pathak the author of this book for rendering an opportunity to the physicians to use his valuable and experienced prescriptions contained in this treatise.

V. N. Dwivedi, B. A.
Ayurvedacharya, etc.
Principal,
Ayurvedic College, Varanaseya
Sanskrit Vishwavidyalaya, Ex-Director
of the Institute of Ayurvedic Studies
and Research, Jamnagar.

Dated 1st Sept. '70.

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PREFACE

I am really glad to bring forward this treatise on Ayurvedic therapy under the caption "Therapeutic Guide to Ayurvedic Medicine" before all the readers interested in the great ancient Indian science of healing (Ayurveda), which has served the suffering humanity since time immemorial and is rendering services even today throughout India and many other countries of south-east Asia.

Late Shri Jawahar Lal Nehru, the then Prime Minister of India had rightly stated about a few decades ago "Learn all you can from ancient Indian Medicine and Surgery". As a result of this, many useful projects of study are going on throughout the country for exploring the treasures of our ancient medical wisdom (Ayurveda), and many modern doctors have created considerable interest in the study of this great ancient science of life and living (Ayurveda) during last decades. There has been a great demand for such a treatise which can give a good insight into the therapy of Ayurveda in a language easily intelligible to them.

Late Vaidyaratna Capt. G. Shrinivas Murti, B.A., B.L. and M.B. & C. M. an outstanding scholar of both the sciences (Ayurveda and Modern medicine) had many times expressed his views—"to make the teachings of Ayurveda widely known and become readily available for proper appraisement and appreciation by savants of Western medicine for the general advancement of science of medicine and the alleviation of human sufferings in their own countries; the best way of implementing our wishes, in this regard, is by presenting our ancient teachings through the medium of English and also through the language of modern medicine as far as possible".

After my return from Colombo (Ceylon) in April 1969, I was requested by the Director of Shree Baidyanath Ayurved Bhawan Private Ltd., Patna along with other friends, the dignatories of the State of Bihar to undertake the responsibilities of organising the "Shri Ram Dayal Joshi Memorial Ayurvedic Research Institute" an Institute after the name of the late lamented father of the Director of Shree Baidyanath Ayurved Bhawan Pvt. Ltd., and the founder of Shree Baidyanath Ayurved

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Bhawan Private Ltd., as an honorary Director. I had to concede to the request of my most beloved disciple Ayurveda Shiromani Shri D. P. Sharma, Pranacharya, the Director of Shree Baidyanath Ayurved Bhawan Pvt. Ltd., Patna.

After a formal discussion regarding the organisation of the said Ayurvedic Research Institute, it was decided to undertake the following aspect of literary research to begin with :—

(*a*) In view of the necessity of presenting a concise literature to readers in general and to physician in particular, on the therapy according to Ayurvedic system of medicine, a book be written on Ayurvedic therapy in English to enable those physicians who are not conversant with either Hindi or Sanskrit, to have a good grasp and working knowledge in the treatment of various maladies according to Ayurvedic system of medicine.

(*b*) To write an authentic book on history of Ayurvedic medicine with a comparative idea of the medical development in other parts of the world.

(*c*) To undertake the publication of old and/or new manuscripts available and/or written by eminent scholars on the various subjects of Ayurveda after a due scrutiny by an expert committee and necessary editing.

(*d*) To undertake some original literary research on varied subjects of Ayurveda in order of priority to meet the demand of the Ayurvedic world in general and Ayurvedic education in particular.

(*e*) To publish scientific papers on the basis of the investigation done by the scholars of Ayurveda.

This (the present treatise) is the first effort started and completed during this year and is being placed before the readers as a first token in the series of publication of this Institute. This small treatise consists of ten chapters along with four appendices. The first is the introductory chapter which deals with the fundamental principles of Ayurvedic therapy and their applied aspects. The treatment of various types of fever (Jwara) along with a brief note on their signs and symptoms has been described in the second chapter.

A comparative idea of various types of modern fevers such as Typhoid, Pneumonia, malaria, rheumatic fever, filarial fever etc., have

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also been included in this chapter giving the traces regarding their description in Ayurvedic texts. Third chapter deals with the treatment of diseases of the digestive system along with the diseases of the organs of abdominal cavity. Similarly treatment of diseases of the organs of chest cavity has been described in the fourth chapter. The fifth and the sixth chapters deal with the treatment of diseases of urinary tract and of the diseases of the skin respectively. The treatment of diseases of the head, neck, eyes, ears, nose, throat and other parts of the buccal cavity (tooth, gum, palate and tongue etc.) have been described in the seventh chapter. Gynaec troubles along with their treatment and antenatal and post-natal managements have been dealt with in the eighth chapter. The treatment of the diseases of nervous systems, fractures, dislocation, obesity, sunstroke, sinuses, fistulas and various kinds of ulcers and abscesses etc. have been allotted to the ninth chapter. The tenth chapter deals with the antidotes i.e. the treatment of various kinds of poison and poisoning (Sthavara and Jangama vishas). The four appendices render informations pertaining to the definitions of technical terms, dictionary of technical terms, glossary of medicinal herbs and glossary of medicinal preparations used in the text respectively.

Thus, the book gives an adequate information regarding the treatment of various ailments according to Ayurvedic system of medicine along with the working knowledge to a physician interested in Ayurvedic therapy.

The entire credit for the compilation of this book goes to Ayurveda Shiromani Shri D. P. Sharma, Pranacharya, who not only initiated to get this treatise written but also has taken all troubles to publish it and has made it available to readers in general and medical practitioners in particular. All pains have been taken to make the language of this book lucid as far as possible.

Dr. J. F. Dastur and other workers in this field deserve thanks for pioneering the efforts in this direction. I am really indebted to all those authors who have made their contribution in the field of Ayurvedic medicine and from whom I have received help in the compilation of this book. I am very grateful to Pandit Vishwanath Dwivedi, Ayurvedacharya, Principal Ayurvedic College, Varanaseya Sanskrit Vishwavidyalaya,

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who has so kindly consented to write foreword to this treatise. I cannot keep silent without offering my thanks to Shri Pt. Ram Dayal Pandeya who has been constantly very helpful to me by his expert advice in the matter of printing and publication and to my very dear disciple Dr. Jyotir Mitra who helped me a lot by going through the proofs of this book. Last, but not the least, I thank Bhargava Bhushan Press of Varanasi who has printed this book on a short notice.

I conclude this preface with a request to the readers that it was not possible to include all details of the various diseases described in this treatise, as will be revealed from the study of the text where I have so often referred to the original text for detailed study of the subject. It was beyond the capacity of this small treatise to include those details here.

I shall be really satisfied and happy if this book becomes handy to the medical practitioners.

15.8.'70. **R. R. Pathak**

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CHAPTER I

INTRODUCTION

This book is intended to give a peep into the complete picture of the Āyurvedic treatment or therapy. Āyurveda is the science of health and healing. It deals with positive health and describes the ways of life pertaining to its existence, maintenance, protection from diseases, and cure when it is victimised by them. It also teaches how to expand the span of life. This great science is based on its own fundamental principles rooted into the oldest scriptures of Hindus—Veḍas, specially Atharvaveda. It is an encyclopedia of ancient medical wisdom. Inspite of its antiquity—say—more than 3,000 years old—it is practised even to-day throughout India and other countries of South-East-Asia like Ceylon, Burma, Malayasia, Indonesia etc. It is not merely a compendium of therapeutics based on herbal, animal and mineral resources of medicament but deals with the philosophy of life and living.

The fundamental principles of Āyurveda are based on "Dosha-Dhātu-Mala Vijnāna" i.e. the triad of the body elements responsible for the sustenance of the living body in their normal state, and, disease or ill-health when they are in their abnormal state. Doshas are three in number viz. Vāta, Pitta and Kapha; Dhātus are seven viz. Rasa, Rakta, Māmsa, Meda, Asthi, Majjā and Shukra; and Malas are mainly three—Purisha, Mutra and Sveda. Besides, there are Upadhātus and Upamalas. This triad of Dosha—Dhātu—Malas are found in living body mainly in two states i.e. Physiological and Pathological. When they are in physiological state they are called Dhātus because they support the body and they are called Doshas and Malas when they are in their pathological state for the simple reason that they vitiate the body and become faulty, and, accumulate dirts in the body in this state. These are again sub-divided into two groups i.e. Doshas and Dushyas. Vāta, Pitta and Kapha have a general tendency to vitiate Dhātus (body elements) and Malas (the excretas), so they are called Doshas (Dushanāt Doshāh) inspite of their physiological state (Dhātu Avasthā). The remaining two i.e. Dhātus (body elements) and Malas (excretas) are

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being vitiated; they are called Dushyas (one that is liable to be vitiated). Thus the harmony, normal or balanced condition of Dosha—Dhātu and Malas is the health or a condition free from disease (Ārogya) and the in-harmony, abnormal or unbalanced condition of Doshas, Dhātus and Malas is the ill-health or disease. The object of Āyurveda is to counteract the imbalance or abnormal or unharmonious condition of the said Doshas, Dhātus and Malas.

A student of Āyurveda must be conversant with the concept of 'Dosha-Dhātu-Mala' Vijnāna of Āyurveda before studying the Āyurvedic therapy. The applied physiology or the pathogenic physiology has been elaborately described in Āyurvedic texts in chapters of Vikriti-Vijnāniya—Shārira. Apart from this, description of diseases starts from the applied anato-physiology of the organs and tracts (Avayavas and Srotasas) involved in that particular disease. This is quite evident from the commentary of Chakrapāni Dutta on Charaka's description of 'Grahani chikitsā' (treatment of chronic diarrhoea resembling the sprue syndrome) with the observation that "it is necessary to secure an intimate knowledge of 'Prakriti' (knowledge of the normal states of functioning of the body) before proceeding to the study of 'Vikriti' (knowledge of abnormal states of its functioning). This is particularly so in regard to the study of Grahani Dosha. A good knowledge of the normal states of functioning of 'Agni' should precede the study of its abnormal states.

Vāta, Pitta and Kapha, the aforesaid three Doshas (Tridoshas) govern the entire physiological phenomena of the whole living body. In short, 'Vāta' is responsible for all sensory and motor activities of the living body while Pitta is responsible for all bio-chemical activities of the living body. The Kapha is repository for all constructive activities in a living body.

The rendering of the terms Vāta, Pitta and Kapha as equivalents of wind, bile and phlegm is most misleading. "Such an equation, made by early orientalists (European Scholars) has not only stood in the way of a proper understanding of the Science and Art of Āyurveda and made the doctrines basic to this system appear rather primitive and infantile but also prejudiced a proper enquiry into them, thus making the sub-

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lime look ridiculous." The humoural theory of early Greeks and the Tridosha theory of Āyurveda have some resemblance in their out-look but they are not identical in their basic aspect. Sir P. C. Roy has rightly observed that "such views are advanced by critics who represent a school which cannot and will not see anything in India which can claim originality or authority." An unfortunate out-come of the wrong interpretation of the Tridosha theory of Āyurveda has created a great obstacle to the study of Āyurveda. It will not be out of point to quote a contrary view advanced by no less an authority than Sir Pardey Lukis that, 'he did not recognise any fixed line of demarcation between Eastern and Western Medicine. Many of the so called discoveries of recent years are merely rediscoveries of facts known centuries ago."

The 'Tridosha Siddhānta' of Āyurveda refers,in main, to three broad-based functional systems of the living human (also animal) body. The systems referred to here are, the Vāta or Vayu system, the Pitta system and Kapha or Shleshma system and the processes, structures and biological substances concerned with them. "The term 'system' is used here in a conventional sense and for convenience of study, specially at the bed-side and clinical level. The living human organism, according to Āyurveda, is very closely knit and it functions as a single integrated whole and its three broad based functional components, the Vāta, Pitta and Kapha, acting together mutually determine and condition each other, just as a dwelling house is supported by stays—"Shariramidam dhāryate āgāramiva" (Sushruta). It is just for this reason that the living body has sometimes been described as 'Trishthunam' or three supported one."

"It may however be noted here that Vāta, Pitta and Kapha both at the cellular and multicellular levels, stand for well defined grouping of functions. Thus the out-look of Vāta has been stated to be predominently Rājasic (dynamic). It is concerned with the production of those somatic and psychic processes that are predominently Rājasic or dynamic in nature. Its presence is to be inferred in such mental phenomena as the exhibition of enthusiasm, concentration etc.; it upholds all the supporting constituents and ensures their proper circulation throughout the body. Its functional divisions are five viz. Prāna,Udāna, Samāna, Vyāna and Apāna. The general functions of Vāta have been described by Charaka thus; it is the urger of all senses and carrier to the mind of

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all sensory impressions; it holds together the various elements of the body in their proper form and maintains the cohesive unity of the body as a whole. It brings about speech; it is the basis of sound and touch, as well as the root matter of the organs of hearing and sound; it is the origin of joy and enthusiasm and the stimulator of Agni; it is the cause of Doshas getting dried up and the expulsion of Malas (waste products) out of body; it is the cause of division in all vessels of the body both Sukshma (subtle-microscopic) and Sthula (gross and macroscopic); it is the cause which makes the embryo in the womb take particular form. It stands as an evidence of life."

"As regards Pitta, Charaka has described its general functions thus : it is concerned with the production of those physical and mental processes that are particularly Sātvic i.e. balancing and transformative in nature; it is responsible for vision, digestion, heat-production, hunger, thirst, softness and suppleness of the body, lusture, cheerfulness and intelligence. Its presence is to be inferred in such mental phenomena as intellection and clear conception, as also such physical phenomena as digestion, assimilation, heat-production, healthy appearance, courage, fear, anger, delight, confusion, lucidity etc."

"The general outlook and functions of Kapha according to Charaka, can be described thus: being Tāmasic in outlook, it is concerned with the production of those physical and mental processes that are predominently Tāmasic i. e. conserving and stabilising in nature. Its presence is to be inferred in such phenomena as the exhibition of courage, forbearance, zest, virility, knowledge, understanding etc. as also such physical phenomena as the production of bodily strength and build, integration of structural elements of the body into stable structures, the maintenance of the smooth working of joints etc."

The three broad-based functions of the living human body referred to above, envisage almost all the mental and physical processes and activities which represent, three interdependent, mutually determining and integrated movements. Late Vaidyaratna Captain G. Shrinivas Murti, an outstanding and brillant scholar of both modern medical science and Āyurveda has given a great insight in the study of Āyurveda in his memorandum on the science and art of Indian Medicine contributed to Usmania Committee and Chopra Committee on Indigenous

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system of medicine of Govt. of India. "Many of the physical and mental phenomena ascribed by modern physiologists, primarily to the activities of the nervous system, in all its aspects (both cerebro-spinal and autonomic) can be identified with the concept of Vāta; similarly, many of the physical phenomena attributed to Pitta are, among those which modern physiologists include under the activities of the thermogenic and nutritional systems (including the thermogenetic and the activities of glandular structures) whose functions are of vital importance in digestion, assimilation, tissue building and metabolism generally. Likewise, many of the functions of Kapha are, among those, which the modern physiologists include under the activities of the skeletal and anabolic systems."

A careful and critical study of Āyurvedic texts reveals that Vāta, Pitta and Kapha refer not only to the main and vital functions of the human organism—somatic and psychic—but also to those of cells that compose its organs. "Tridoshas are present in every cell and they move through every channel of the body. Thereby, they perform bodily and mental functions of every individual.....". The Doshas act through several specialised apparatuses which are more and more integrated anatomically when we come up the ladder of life. The study of structure and functions—the study of comparative anatomy and physiology reveals this fact. As the human body is the subject of our study, we may say that they act in it through several anatomical systems." (Poona Scientific Memoranda Sub Committee).

Without going into details it may be summarised that several conventional anato-physiological systems that have formed the basis of the study of the structure and functions of the living human body are implicit in the above mentioned three systems viz. the Vāta system, the Pitta system and the Kapha system.

Dhātus are seven viz. (1) Rasa, (2) Rakta, (3) Māmsa, (4) Meda, (5) Asthi, (6) Majjā and (7) Shukra. These seven Dhātus, according to Āyurveda are the units of the body tissues. The fluid which is rotating like wheel through the vascular system--Dhamanis and Siras (arteries & veins), Srotas (capillaries), Rasāyanis (lymphatics) is the Āyurvedic both Ras-dhātu and Raktadhātu analogoues to the plasma and erythrocytes respectively. The Rasa dhātu, like plasma is the fluid transport medium,

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among others, for Rakta dhātu, corresponding to the erythrocytes. The latter have no volition of their own and they have to be transported to the Sthāyi dhātus. The identities of rasadhātu and rakta-dhātu are different and distinct. The Rasadhātu described in Āyurveda is exactly similar to the plasma and the tissue fluid and lymph derived from it. Its functions are also exactly the same as those of plasma and its exudates viz. the tissue fluid and lymph. The concept of Rasadhātu in Āyurveda is a peculiar and specific one. The Shārira Dhātus or body tissues are the circulating fluid, which in the Āyurvedic parlance, is the Rasadhātu. Modern biology describes the circulating fluid as the blood or Rakta. Blood has been classified under the heading connective tissue. A characteristic feature of the connective tissue is that it has a minimum number of cells and an abundance of inter-cellular material, known as the matrix. In case of the flowing connective tissue blood, the plasma fluid is considered to take the place of matrix and the cellular elements of this tissue are represented by the erythrocytes, leococytes and platelets etc.

Māmsa dhātu is the muscle tissue. Meda is the adipose tissue, Asthi is bone tissue including cartilage tissue, Majjā is the yellow and red marrow tissue and Shukra is the reproductive tissue. These Dhātus are of two types, namely Poshaka or Asthāyi and Poshya or Sthāyi. The Poshaka dhātus which are also spoken as Prasāda dhātu, as they occur as the outcome of Prasādpāka, are also stated to contribute to the formation of Upadhātus or accessory or supplementary supports. The Upadhātus described in Samhitā granthas are Stanya (breast milk), Rajah (cataminial discharge), Kandaras (tendons), Siras (blood vessels), Vasā (muscle fat), Sadtwachas (six layers of skins) and Snāyu (ligaments). The difference between Dhātus and Upadhātus is that, the former is subjected, in the course of Dhātvagni Vyāpāra, to transformative changes, whereas the latter are not subjected to any such changes i.e. they represent the final products. Asthāyi dhātus are circulating tissues while Sthāyi dhātus are static tissues of the body being nutrified by circulating tissues.

Malas are the waste products of various Dhātus produced during the course of metabolic changes. They are also called Kitta or excreta and are thrown out of body.

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The products of Kitta-Paka, on the other hand are stated to contribute to the formation of Sweda (sweat), Mutra (urine), Purisha (faeces), Vāta (gases like CO_2), Pitta (bile pigments), Shlesma (mucid excretion), Karnamala (waxy excretion of the ear). Akshimala (mucinous excretions from the eye), Nāsikā mala (nasal discharge), Āsyamala (like lactic acid; and ascorbic acid, cholin, phenol, urea etc.).

"The Malas or waste-products, such as the sweat, urine and the rest, are also spoken of as Dhātus as they also support the body by maintaining their own relative proportions. By term in keeping with the Vayas and Sharira is meant that, the Dhātus are nourished with appropriate nutrients and enabled to maintain their relative proportion, measures having regard to the needs of one's age viz. childhood etc.

Āyurvedic therapy : As said earlier that the imbalance of Doshas, Dhātus and Malas constitutes ill-health or disease, so the restoration of the balance or normal condition of Doshas, Dhātus and Malas is the treatment (Chikitsā). Imbalance of Doshas, Dhātus and Malas is caused either by increase or decrease or vitiation of the Doshas, Dhātus and Malas. Therefore the restoration of Dosha-Dhātu-Malas means to bring the normalcy by decreasing the increased Dosha-Dhātu and Malas, and by increasing the decreased Dosha-Dhātus and Malas, while vitiated Dosha-Dhātus and Malas are to be freed from the vitiation.

The imbalance and abnormality of Dosha, Dhātus and Malas are termed in Āyurvedic texts as 'Dosha-Dhātu vaishamya' and the balance and normality of Dosha, dhātus and Malas are termed as 'Dosha-Dhātu Sāmya.' This dosha-dhātu Vaishamya is also called Roga or disease and Sāmya is described as Ārogya or Swāsthya.

The definition of Swastha or healthy according to Āyurveda is indicative of the following physiological state of living body :—Sama doshakriyā i.e. the normal function of Doshas Vāta, Pitta and Kapha, Samāgnikriya i.e. normal function of the digestive fire (normal action of the various enzymes required for digestion in the alimentary tract and in the cells or Dhātus;) Sama Dhātukriya i.e. normal metabolic function; Sama Malakriyā i.e. normal function of excretory system constituting to soothe the spirit, mind and sense-organs. It is obvious from the above description that a physician has to be very careful for mainta-

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ining the normal functioning of the Doshas, Agnis, Dhātus and Malas. Besides, there are descriptions of those habits and regimen which cause the imbalance or abnormality of Doshas, Agnis, Dhātus and Malas. Nidāna Parivarjana i. e. eschewing the indulgence into the causative factors is one of the most important aspects of the treatment. This must be kept into consideration in the treatment of a disease. Another important and necessary measure that is required for eradication of a disease is Samshodhana i.e. elimination of the dirts of the body and purification of the tracts of the body. There are methods and medicaments for this procedure described in Āyurvedic texts. This procedure of treatment has been described under three heads viz. Purvakarma, Pradhāna Karma and Paschāt Karma. Purva-karma includes Snehana and Svedana (Oleation and Sudation) which prepares the body of the patient fit for Pradhāna Karma or the main treatment. The Pradhāna Karma consists of five procedures of medicament viz.—Vamana (Emesis), Virechana (Purgation), Niruha and Anuvāshana vastis (clearance of bowels or Koshthas by application of medicine through the rectum by enema or douche cane) and Nasya (Errhines). Paschāt Karma is also called Samsarjana i.e. post-treatment to bring the patient to his normal diet. The third procedure of treatment is Samsamana chikitsā or palliative treatment. This is done by using internally and externally various types of measures and medicaments.

Concept of Āyurvedic classification and grouping of diseases ; Āyurveda explains that since diseases are innumerable (Aparisamkheya) it is not very easy to adopt any single method of classifications and groupings of diseases. This may be undertaken under following groups or classifications :

(1). Clinical classification of all the diseases under three main groups viz. Vātaja, Pittaja and Kaphaja with sub-classification of vāta-pittaja, Vāta-Kaphaja, Pitta-Kaphaja and Sannipātaja or Tridoshaja apart from those which are Āgantuja or traumatic. These are also called Nija and Āgantuja.

(2). Sāmānyaja and Nānātmaja i. e. diseases that have been caused by more than one dosha and that which have been caused by only one dosha.

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(3). Drishtāpachāraja i.e. the diseases caused by those faults that have been committed within this span of life and which can be seen; and Adrishtāpachāraja i.e. the cause of the disease cannot be seen and is an outcome of those faults which were committed in the previous birth.

(4). Classification of diseases according to their location in the various parts of the body such as, Sirorogas (diseases of head), Netra rogas (diseases of the eyes), Karnarogas (diseases of the ear), Nāsā rogas (diseases of the nose), Kantha or galrogas (diseases of the throat), Mukharogas (diseases of the bucal cavity or mouth), Uro-rogas (diseases of the chest), Hridrogas (diseases of the heart), Udar-rogas (diseases of the abdomen), Vastirogas (diseases of the pelvic cavity) etc.

(5). Classification of diseases according to the main trouble or signs and symptoms such as Jwara, Atisara, Raktapitta, Kāsha, Shwāsha, Hikkā, Arochaka, Trishnā, Dāha, Ajirna, Anāha, Shula, Chhardhi, Vidradhi, Vrana, Apatānaka, Dhanustambha, etc.

(6). Classification of diseases according to the Vikritis (morbid condition of structure of the body) such as—Gulma, Grahani, Arsha, Kshaya or Shosha, Udāvarta, Krimiroga, Kustha, Shotha, Hanustambha, Gridhrasi, Plihodara, Yakriddā-lyudara, Chhidrodara, etc.

(7). Classification of diseases according to the change of colour of the body such as Pāndu, Kāmala, Halimaka, Svitra, Sidhma, etc.

(8). Classification of diseases according to their origin such as Ādhyātmic, Ādhibhautic and Ādhidaivic. These again have been subdivided under seven heads viz. (1) Ādibalapravritta, (ii) Janmabalapravritta, (iii) Doshabalapravritta, (iv) Samghāta-bala-Pravritta, (v) Kālabalapravritta, (vi) Daiva bala-pravritta and (vii) Swabhavabalapravritta. The first three come under Ādhyātmic group. the 4th comes under Ādhibhautic group and the remaining three under Ādhi-daivic group.

(9) Classification of diseases according to the involvement of Roga-mārgas such as Ābhyantar-mārgāshrita or Koshthāsrita, Bahirmargāshrita or Shakhāsrita and Madhya mārgāsrita or Marmasandhyāsrita.

These are some of the most important classifications or groupings of the diseases described in Āyurvedic texts. There are other groupings or classificaations mentioned in Āyurvedic texts. (refer to the original texts of Āyurveda.)

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Method of clinical diagnosis in Āyurveda :

There are two main methods by which a physician reaches to a definite diagnosis of diseases according to Āyurveda viz. (1) Roga parikshā and (2) Rogipariksha.

Roga parikshā consists of method of diagnosis for ascertaining a disease by the application of the following : (1) Nidāna—the etiology of a disease which gives a complete picture pertaining to the causative factors of a disease.

(2) Purvaroopa-the prodrmata or early signs and symptoms of a disease, (3) Rupa or main signs and symptoms indicative of a disease (4) Upashaya—dietatic or therapeutic application to remove the doubts or confusion that has been created by mixed signs and symptoms, and (5) Samprāpti or Pathogenesis of a disease. These have again been divided and sub-divided for a better understanding of the subject. (for detail—refer to original texts).

Rogi-Parikshā : This has been classified into two main divisions viz. Prashna or interogation and Parikshana (examination). Prashna or interrogation has again been sub-divided under two heads viz. general and special (Sāmānya and Visishta). Examinations are done with the help of five sense organs viz. (1) by inspection with the help of Chakshurindriya termed as Chākshusa parikshā or Darshana, (2) by palpation or sparsana by sparsandriya or by tactile sense organs with the help of hands termed as Tvāchi-parikshā; (3) Srāvaniparikshā or Purcusion and Auscaltation by the help of Sravanendriya (ear) aided and unaided; (4) Ghrāni pariksha or examination through the odour or smell of the various parts of the body or the excretion of the patient by ghrānendriya or olfactory sense-organs (nose); (5) Rāsani pariksha or examination through taste organs.

All these examinations include laboratory methods for chemical and microscopical examinations in principle. Apart from this there are ten other methods of examination described in Āyurvedic texts viz.

(1) Prakrititah Pariksha (examination by the study of the temperament of a patient).

(2) Vikrititah Parikshā (examination by the study of the morbid condition of the patient).

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(3) Vayastah parikshā (examination by the study of age factor of a patient).

(4) Āhārashaktitah parikshā (examination by the study of the capacity of ingestion and digestion of a patient).

(5) Vyāyāma-Shaktitah Parikshā (examination by the study of the capacity of doing work or exercises).

(6) Sāratah parikshā (examination by the study of Sāra of patient).

(7) Samhananatah parikshā (examination by the study of the constitution of a patient).

(8) Satvatah parikshā (examination by the study of the mental condition of a patient).

(9) Sātmyatah parikshā—(examination by the study of Sātmya (diet) of the patient.

(10) Pramānatah parikshā (examination by the study of the measurement of body and parts of body (sharira) of the patient. There is a description of the height, length and breadth of the body and parts of body indicative of good health in Ayurvedic texts.

All the examinations that have been mentioned above fall under the category of the following three examinations as per instruction available in the Vimāna sthāna of Charaka Samhitā viz. (1) Upadesha i.e. the texts where description of diseases regarding the etiology, Prodromata, signs and symptoms, dietetic and therapeutic regim and pathogenesis of diseases are described. This is also called Āpta-bachana i.e. authoritative texts. (2) Pratyaksha parikshā is done by the physician through the agencies of sense organs which are five in number. Except Rasanā (tongue) other sense organs are used directly or with the aid of some instruments. As regards the Rāsani pariksha i.e. examination by taste, it is done by inference through Pratyaksha and laboratory method. For example, if there is seen that ants run to the urine of a patient, it is inferred that there is sugar in the urine etc.

The personal and family history of a patient also gives good clue into the various aspects of diseases which help in diagnosis and prognosis of the disease. There are some other signs and symptoms manifesting in certain types of diseases which give clue into the prognosis of diseases. This also has got to be taken into consideration.

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During the last decades, since the advancement of the Science, considerable interest has been created among the western scholars of medicine for an inquisitive enquiry in this great science of health and healing (Āyurveda) in quest of medicinal truth for rendering an accurate medical service to the suffering humanity. Besides, there has been a great demand for the revival of the practice of the ancient system of healing as expounded in Āyurvedic classics. It is therefore considered opportune to place a handy treatise in the hands of western physicians in a language intelligible to them.

In the introduction of the book an attempt has been made to place a brief note on the applied aspect of the fundamental principle of Āyurvedic therapy along with the concept of Āyurvedic classification of diseases and methods of clinical diagnosis so as to enable the reader to get into the subject easily and have a good grasp of the Āyurvedic treatment. The readers interested in knowing more about the subject are requested to refer to the original texts of Āyurveda.

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CHAPTER II

JWARA OR FEVER

A brief note on the treatment of 'Jwara' will be given in this chapter. It is desirable to acquaint the reader with the various features of 'Jwara' as described in Āyurvedic literature. 'Jwara' has been said to be the chief among the diseases (Rogānām pradhānah). Its importance has been established by the statement that it attacks the living body at its both the times—the birth and the death. It is also said that there is no living body which is not attacked by it.

The term 'Jwara' is generally translated as fever, though it does not convey all the senses of the term. The term 'Jwara' means that condition in which mind, sense organs and the body all are troubled (Dehendriya mana-stāpi). 'Jwara' has been described in two senses i.e. (i) the first to indicate rise of temperature—a symptom (Samtāpa lakshana); (ii) the second as a disease. In this condition three main symptoms are manifested viz—Svedāvarodha (a-hydraemia), Samtāpa (increased temperature of the body) and Sarvāngagrahana (bodyache or feeling of catching pain in the parts of the body). The symptom Jwara (fever as a symptom) may be found in Jwara roga and in many other diseases as well. The treatment will depend on the cause of the disease or symptom.

The Jwara or fever as a disease has been clinically divided and subdivided under many groups viz. A (i) Nija and (ii) Āgantuja. Nija Jwaras are seven in number, such as (1) Vātaja, (2) Pittaja, (3) Kaphaja, (4) Vāta-Pittaja, (5) Vāta Kaphaja, (6) Pitta-Kaphaja and (7) Sannipātaja or Tridoshaja. Similarly the Āgantujas are sub-divided under four, such as (1) Abhighātaja, (2) Abhishangaja, (3) Abhichāraja and (4) Abhishāpaja.

B—(i) Samajwaras and (ii) Vishamajwaras.

C—(i) Shārira Jwara and (ii) Mānasa Jwara.

D—(i) Avisargi and (ii) Visargi ; Samavegi and Vishamavegi; Muktānubandhi and Punarāvartaka etc.

E—Pidakāmaya Jwaras, Sandhika jwaras, Shlaipadika jwaras etc.

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Many of the modern fevers like typhoid, or other fevers of enteric group, pneumonias, influenzas, cerebrospinal fever are included under various types of Sannipāta Jwaras, Similarly all types of malarias, dengue fever, yellow fever, etc. are included in Vishama Jwaras. A short note on the signs and symptoms of these various types of fevers will be given at the time of the discription of the treatment of these fevers.

General treatment : is to reduce or lower down the raised temperature. As mentioned earlier, Jwara or fever is the increased temperature of the body, a physician has to bring down the temperature to the normal by means of either external measures or internal medicament in order to save the patients from congestion in the brain and toxaemia by hyperpyrexia.

(i) *External measure* to bring down the temperature. It is not always necessary to apply external measures to lower the temperature. Kāla—the time factor generally helps in this matter. What a physician is required to do is to restrict the patient from diet (Langhana) and give rest to the patient and watch. If there is a high temperature (hyper-pyrexia) the physician should apply cold measures—cold water or iced water or ice bag to the head. If necessary sponzing of the body with tepid water may be done; sometimes the following application to the head may be necessary :—Sirkā—vinegar and white of egg mixed in Bishnu Tail or Gulab Rogan or Rogan Kaddu soaked in a lint and apply to the head. Sometimes only application of paste of sandal wood rubbed on the stone to the forehead is sufficient.

(ii) *Internal medicine* : Svedana (Sudation) by diaphoratic medicine or diuretic medicine should be used for diaphorasis and diuresis which brings down the temperature. For this purpose (i) Shadanga pāniya is a reputed medicine. It is prepared by boiling the following six herbs in sixteen times of water reduced to half or one fourth. This is administered orally twice or thrice. It is diaphoratic and relieves the patient from thirst and fever. (Pipāsā Jwara Shāntaye). This may be used in place of water to drink.

(1) Mustaka (Ñagara motha—Cyperus Rotundus).
(2) Parpataka (Pittapapara—Fumeria Parviflora).
(3) Ushira (Khasa—Vetiveria Zizanioidis).
(4) Chandana (Santalum Album or Sandal wood).

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(5) Udichya (Dhaniya—coriander or Coriandrum Sativum.)
(6) Nāgara (Sontha—Ginger or Zingiber officinale).

(2) *Jwara-hara yoga* : Pravāla bhasma one part (Coral oxide), Shudha tankana (fried borax) 2 parts, mix together and macerate with the juice of Sudarsan leaf (Crinum Zeylanicum) seven times in a stone or porcelain mortar and dry it. This is to be given in doses of 5 to 15 grs., with betel leaf juice every four hours till the temperature comes down to normal. It is antipyretic and diaphoratic.

(3) *Godanti mishana* : Godanti bhasma (Oxide of Zypsum) 8 parts, Jaharamohara pisti 2 parts, Rasadi bati 2 parts mix together in a stone or porcelain mortar and give in doses of 5 to 15 grs. at the interval of 3 to 4 hours thrice daily. This brings down the temperature and relieves the patient from headache and burning sensation of the body. It is a safe medicine and can be used in any type of fever as an antipyretic.

(4) *Surasādi-phānta* : Surasa (Tulasi—Ocimum sanctum), Dhānyaka (coriander), Bhāragi (Clorendrum serratum), Vāsā (Adhatoda vasica), Kantakāri (Solanun xantho-carpum), Madhuyasthi (Glycyrrhiza glabra), Jambira trina (Lemon grass), Gojihva (Onosma bracteatum), Saumpha (Anisi) and Maricha (Piper nigrum). Take equal part of the herbs and crush it and prepare phānta (infusion) as per direction given in appendix. *Dose* 1 to 2 ozs. two to three times with honey or sugar. This is a very good medicine for cold, coryza, fever and headache. It is diaphoretic and relieves the patient from bodyache and thirst.

(5) Godanti bhasma, Jahara moharā pisthi, and Rasadi Vati may be used singly to lower down the temperature. Godanti (Gypsum or Calcium Sulphate) is available in the market in raw state. It is white in colour resembling the tooth of a cow. It should be well washed in hot water to remove the dirts and then dried in the sun. After it is dried it should be burnt in a gajaputa to make bhasma.

Dose : 10 to 15 grs. with water or honey or sugar. It is antipyretic, Vātapittā-shamaka and relieves pain of the body and head. It is tonic also.

Jaharamoharā pishti : It is a kind of stone having yellow-greenish colour. It is light and smooth. As it is found in Khotan mountain so it is called Jaharamoharā khatai. It is prepared in the following

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method. Take a piece of this stone and wash it well to remove the dirts and dry in the sun. After it is dried, make a fine powder in a stone or porcelin mortar with rose water, or Chandana Arka (Aqua santlum Album) and dry in the shade.

Dose : 5 to 15 grs. to be taken with water or rose water or Aqua Santalum Album (Arka Chandana). It brings down the temperature and relieves the patient from pain and burning sensation of the body. It is successfully used in vomiting and diarrhoea of children.

Rasādi Vati : This is one of the most important preparations described in Yogaratnākara. It consists of Kajjali (prepared by equal quantity of purified mercury and purified sulphur) Karpoora (Camphor), Sveta Chandana (Santalum album) powder, Jata-māmsi (Nordostachys Jatamānsi) and Ushira (Khasa-Vetiveria Zizanoidis), all equal parts. After making fine powder of all the drugs mix together and make pills of 3 to 7 grs. macerating them into a stone or porcelain mortar with rose or Chandana water. This is very efficacious in bringing down the temperature and in relieving the thirst and burning sensation of the body. It relieves nausea and vomiting also.

Diet : According to Āyurveda, a patient suffering from fever should be given rest in bed and no food (Langhana) in the begining. Hot or boiled water is advised to give for drinking. Some diaphorasis (Svedana) and carminative (Pāchana-Āma-Pachana) prepared with Tikta rasa such as Patola patra, Chiraita, Dhania etc. should be given. If necessary Yavāgu—Jwara hara javagu (gruel) may be given as a diet. Yavāgu may be prepared with barley, sago, and Lājā according to the method given in appendix.

Treatment of Jwara Roga

(1) *Vāta Jwara* : Vishama-vega (Irregular rise of temperature) Vishamārambha-visharga (irregular onset and remition of temperature) and Ushmā-vaishamya (irregular temperature are the demarkating symptoms of Vāta jwara. The excitement, mildness and pain in the body are also irregular inVāta-Jwara. There is always constipation, yawning, sleeplessness, stiffness of the body, feeling of roughness in the body and tympanitis.

Treatment : The general treatment as mentioned to bring down the temperature may be done as and when required. According to Āyur-

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veda in all kinds of Jwara, there is 'Āma-dosha' therefore Langhana should be given in the beginning. In case of Vāta Jwara—Langhana means light food (Laghu bhojana). As a rule the patient should not be allowed to fast in Vāta Jwara. For Āmapāchana 'Panchamula Kashāya' has been prescribed. The decoction of Pippali mula (Piper longum root), Guduchi (Tinospora cordifolia) and Sunthi (ginger) is also advised to be given for Pāchana.

Kirātādi Kvātha and Pippalyādi Kvātha are also recommended for this purpose. Guduchyādi Kvātha, Drakshādi Kvātha and Rāsnādi Kvātha are reputed medicines for Vātajwara.

It is necessary to consider the Sāma and Nirāma avasthā in every type of fever. In Vātajwara also the same rule is applicable. Generally the patient feels lethargic and heaviness of the body along with salivation, nausea, anorexia, sleepy, indigestion, distaste and loss of appetite during Āmāvasthā. In this stage of Vātajwara, the above mentioned Pāchana Kashāyas are recommended. If the temperature does not yield to the above treatment the following medicines should be used :

(1) *Hinguleshvara Rasa* : It is a combination of purified Vatsanābha (Aconitum Ferox), purified cinabar (Hingula), and Piper longum (Pippali). It should be taken in equal quantity and made in fine powder and mixed and macerated with water or lemon juice in a mortar and made pills of 1 gr.

Dose : 1 to 2 pills three times daily with tepid water or Madhu (honey). This is effective in fever caused by 'Āmāvata' (Rheumatic fever) also. It brings down the temperature and relieves the patient from pains of the various parts of body.

(2) *Vishva-tāpa-harana rasa* : This is generally used in such Vātajwara where constipation is prominent among the symptoms. This quickly prevents the acute stage of fever and produces motion and removes stomach trouble. This is also used in Vishamajwara where purgative is required. This consists of (1) Kajjali (black sulphate of mercury), Tāmra bhasma (oxide of copper), Haritaki (Terminalia chebula), Pippali (Piper longum) purified nux vomica seed powder (Shudha kuchila), purified croton seed powder, (Shudha jayapāl) Picrorrhiza kurroa (Katuki) and Nisotha (Operculina Turpethum) in equal parts made fine powder

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of all drugs and mixed together in a mortar with the juice of Dhatura leaves and juice of Bhringraj leaves, made pills of 2 grs. Dose 1 to 2 pills with ginger juice or honey twice daily.

As told earlier, there is often constipation and bodyache, so such antipyretic (Jwara hara medicine) should be selected which relieves these troubles. As regards the diet light and liquid foods are recommended. The diet must be easily digestible and Vātahara (soothing to vāta).

Pittajwara : The characteristic feature of Pittajwara is that there is always a high temperature (Tivra jwara) manifesting in the entire body. There is often loose bowel i.e. diarrhoea in it along with burning sensation in abdomen and other parts of the body. The patient is very thirsty and sometimes there is perspiration. The taste of the mouth is bitter. There is giddiness and burning of the eyes along with vomiting of bile. Sometimes there is red eruption on the body.

Treatment : There is no rise of temperature without the increase of Pitta and therefore measures in a fever are Pittavirodhi (antipitta). All measures described to bring down the temperature should be adopted here also. The patient should be given perfect rest in bed and no food allowed (complete langhana). Shadanga Pāniya should be given to drink. The water must be boiled and cooled.

Decoction of Pitta pāpara (Fumeria perviflora) only is sufficient to bring down the temperature of pittajwara. If Chandana and Sugandhavala or Dhanyaka (corriender) is added to the said decoction, it acts wonderfully. Tiktādi Kvatha is very good Pachana in Pittajwara. It consists of Katuki (Picrorrhiza Kurroa), Mustaka (Cyperus Rotundus), Indrayava (Kurchi seed), Pāthā (Cissampelos pareira), Kāyaphala (Myrica Nagi) and Sugandhabālā (Valeriana Wallichii) in equal part, crushed and made decoction as per direction given in appendix.

Dose : 1 to 2 ozs. twice or thrice daily.

Patolādi Kvātha, Drākshādi Kvatha and Kirātādi Kvātha are recommended to be administered in Pittajwara.

Jwara Keshari : It is a reputed medicine for Pittajwara though it has been recommended in other fevers also where there is constipation. It brings down the temperature and cleans the bowels. It consists of Kajjali

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(black sulphide of mercury) 2 parts, purified aconite ferox (Vatsanābha) 1 part, Trikatu churna (Powder of ginger, long pepper and black pepper) 3 parts, Triphalā Churna (Powder of Terminalia chebula, Myrobalan and Phyllanthus Emblica) 3 parts and purified Croton seed (Jayapāla) 1 Part. All drugs are mixed together and macerated or rubbed with juice of Bhringarāja (Wedelia Calandulacea) for 12 hours and made pills of 2 grs.

Dose : 1 to 2 pills to be given with coconut water or plane water or honey twice or thrice daily.

Mrityunjaya rasa : Though this medicine is used in all types of fever, it is more effective in Vatajwara and Pittajwara specially where lungs are also involved. In the fever accompanied with distention of abdomen and indigestion it acts well. It is generally used in Navajwara. It consists of purified Vatsanābha (Aconitum Ferox), purified Cinabar (Hingula), purified sulphur, Pippali churna (powder of long pepper), Maricha churna (powder of black pepper) and Shudha Tamkana (fried borax). These drugs are taken in equal quantity and rubbed together in a mortar with the juice of green ginger. The pills are made of 1 gr.

Dose : 1 to 2 pills, 3 times daily with green ginger juice or honey.

Diet : Light and easily digestible nutritive food belonging to Madhura and Tiktarasa should be given. Fruit juice like orange is very soothing.

Kapha Jwara : The temperature in Kapha Jwara is generally of mild type (manda jwara), Anannābhilāshā (no desire for food), Aruchi (Anorexia) Mukha—mādhurya (Sweet taste in mouth) and praseka (salivation) are the characteristic symptoms of Kaphajwara. The patient always feels heaviness of the body and horripilation, lassitude, indigestion, cold and cough are often accompanied with fever.

Treatment : Pippali churna (Powder of long pepper) with honey is a good Pāchana in Kaphajwara. Chaturbhadrā Kvātha (decoction) is very efficacious. It consists of Kāyaphala (Myrica Nagi), Pushkaramula (Inula racemosa), Kākarāsringi (Rhus succidanea) and Pippali (long pepper) equal parts.

Dose : 1 to 2 ozs. twice or thrice daily.

Vāsādi Kvātha, Sapta-Chhadadi Kvātha and Marichādi Kvātha are recommended in the treatment of Kaphajwara.

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Kapha Ketu rasa : It is very efficiacous in Kaphajwara specially in a fever accompanied with cough, bronchitis and respiratory disorders. It is antipyretic. It consists of purified Vatsanābha (Aconitum Ferox), Shankha bhasma (oxide of conch) Shudha Tankara (fried borax) and pippali churna (powder of long pepper) in equal quantity, mixed together and made pills of 5 grs. with the juice of green ginger.

Dose : 1 to 2 pills to be taken with water or honey twice or thrice daily.

Tribhuvana Kirti Rasa : It is very popular medicine to prevent fever with Kapha, Cattarrh, Coryza, bronchitis and influenza. It brings down the temperature by producing sweat and relives the patient from bodyache. This is used in all types of fever specially Vātajwara and Kaphajwara. It consists of purified Cinabar 1 Part, Purified Aconitum Ferox 1 part, Fried borax 1 part, root of Piper longum 1 part and Trikatu Powder 3 parts—mixed together and made fine powder in a mortar and then rubbed 3 times each with the juice of Tulasi, green ginger and Dhatur leaves, and made pills of 2 grs.

Dose : 1 pill with honey or Tulasi Swarasa thrice daily.

Jwara Samhāra rasa : It is antipyretic and stimulant. It dispels fever due to indigestion and constipation. It is indicated specially for fever with aggravation of Vāta and Kapha. In Kapha Jwara, when there is pain in the chest, it is administered mixed with 'Mrigasringa bhasma' with Gojihvādi Kvātha. It dispels the cough from the respiratory tract and relieves the pain of the chest. It is used in acute and chronic both the stages. It is prepared according to the following method : Take inner bark of margosa tree (Nimb tree) ginger, black pepper, long pepper, Sausurea Lappa (Kustha), Cyperus Rotundus, (Mustaka), fried borax; yellow mustard, kurchi seed, red sandalwood, Centra-therum-anthelminticum (Aranya jeeraka), Picrorrhiza Kuroa (Katuki) Aconitum Hetrophylum (Ativisā), in equal quantity and make fine powder and filter it with a fine cloth. Take equal quantity of the powder of all the above drugs 'Rasa sindhura' and make fine powder in a mortar and mix well with the above powder and soak it in juice of the leaves of Vitex Negundo (Nirgunai), Tulasi, and Dhatura and juice of green ginger and rub well in a mortar to make pill of 4 grs. and dry them in shade.

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Dose. 1 to 2 pills with honey twice or thrice daily.

Diet : Physician has got to be very careful in prescribing the diet to a patient suffering from Kapha Jwara.Patient suffering from Kapha-Jwara can tolerate fasting for a longer time. Therefore the patient may be kept fasting (on langhana) till he does not feel weakness. As and when necessary the physician should prescribe diet prepared with Katu, Tikta and Kashaya rasa pradhana dravyas (food stuff) and which is easily digestible.

Vātapittajwara : In this signs and symptoms are mixed i.e. those signs and symptoms are found which have been described for Vātaja and Pittaja Jwara. Sometimes some other symptoms are also noticed which are not indicative of either Vāta or Pitta. Such symptoms are called Vikritivishamasamavāyaja i.e. symptoms produced by mixed Doshas. Such as Roma harsa (Horripilation), Dāha (burning sensation in the body), Parvabheda (Pain in joints), Shirah-shoola (headache), Mukhasosha, (dryness of mouth), Vaman (uomiting) Trishnā (thirst) etc.

Treatment : Mixed treatment as described in Vāta Jwara and Pitta-jwara. Rasādi vati and Mrityunjaya Rasa are recommended in this type of fever. Dadima (pomeogranate), Amalaka (Phylanthum embelica) and Mudga yusha (soup of green gram) is very favourable in Vatapitta-Jwara. 'Drākshadi phānt'is also advised to be given in Vātapittajwara.

Vāta-Kapha Jwara : The characteristic symptoms of this fever are feeling of cold, heaviness of the body, sleepy, cold, cough and perspiration i.e. mixed symptoms of Vāta and Kapha Jwaras.

Treatment : Hot water to drink to relieve the thirst. Juice of small raddish is very good in Vata-Kaphajwara. Surasādi phānta is very efficacious in this fever. 'Tribhuvana Kirti Rasa' is used successfully to combat this fever. Jwara-samhāra Rasa is also very useful in this Jwara. 'Nāradiya Lakshmi Vilāsa Ras' has been found very efficacious with Tulasi Swarasa and honey.

Pitta-Kaphaja Jwara : The signs and symptoms mixed together are manifested in Pitta-Kapha Jwara. The main treatment in this Jwara or fever is to give such antipyretic drugs or medicine which are Sransana (laxative). The Doshas generally involve Āmāsaya—the abode of Pitta and Kapha and therefore it is essential to eliminate increased

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Pitta and Kapha by some laxative drugs. If the Pakvāsaya is involved, then Vasti-Niruhavasti is desirable. In Sāmāvasthā Langhana (fasting) is necessary. A decoction prepared with Balā (sida cordifolia), Patola (Trichosanthes cucumerina), Triphala (Termenela chebula), Myrobalan and Embelica), Madhuyasthi (Glycerrhiza glabra), and Vāsā (Adhotoda vas ica) is very efficacious to bring down the temperature of Kapha-Pitta Jwara. Another decoction prepared from Picrorrhyza Kuroa (Katuki), Terminelia chebula (Haritaki), dried grapes (Drākshā), Cyperus Rotundus (Mustaka) and Fumeria perviflora (Parpataka) has also been recommended to combat pitta-kapha Jwara.

Kasturi Bhairava rasa: It is a specific medicine for Pitta-Kapha-Jwar. It consists of purified cinabar (Hingula), purified Aconitum Ferox (Vatsanābha), fried borax (shudha Tankana), myristica fragrans (Jāvitri), Nutmeg (Jāyaphala) Black pepper (Maricha) long pepper (Pippali) and Musk (Kasturi). All the above mentioned drugs are taken in equal quantity and made fine powder. Keeping aside Musk powder of all the drugs are mixed together and rubbed with gren ginger juice in a mortar. In last the musk is also added and again rubbed and made into pills of 2 grs. Dose-1-2 pills with honey.

Sannipata Jwara; There are so many varieties of Sannipāta Jwara which are very difficult to describe in this short treatise. However some of the most important Sannipāta Jwaras will be described here. A Jwara or fever is called Sannipātaja when all the three Doshas are involved or provoked in the manifestation of a fever. Therefore all signs and symptoms indicative of Vātaja, Pittaja and Kaphaja Jwara are possible to be found in a patient suffering from Sannipāta Jwara. According to the predominence of Doshas their nomenclature has been fixed such as :—

(1) *Vātolvana Sannipāta Jwara* : In this type of Sannipāta Jwara, severe pain in joints , bones and head accompanied with heaviness, giddiness, thirst, dryness of throat and mouth along with delirium due to high temperature are manifested. If the proper treatment is not done, there are complications of breathing trouble, cough, coma, fit and tremor in the parts of the body.

Treatment : The general treatment of all types of Sannipāta is to adopt the following methods—(i) Langhana (fasting or light diet), (ii) Svedana

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(Diaphorasis), (iii) Nasya (Snuff) (iv), Nishthivana (expectoration), (v) Avaleha (linctus to dispel the cough), and (vi) Anjana (application of some medicine to the eyes). These measures are to be used as and when required. The physician's first duty in the treatment of a Sannipāta Jwara is to control the temperature and other complications by some external and internal measures.

In 'Vatolvana Sannipāta Jwara' Brihat Kasturi Bhairava rasa is very efficacious—though it can be used in all types of Sannipāta Jwaras. It maintains the volume of the pulse and subsides delirium. It is a wonderful medicine to combat hyper-pyraxia (high temperature)and prevents toxaemia. It soothes the brain and brings down the temperature. It gives strength to the patient to stand to the complications.

It is prepared in the following way :-

1. Kasturi (Musk).
2. Karpoora (Camphor).
3. Tāmrabhasma (oxide of copper)
4. Dhātakipuspa (flower of woodfordia fruticosa).
5. Kapikachhu (seeds of Mucuna prurians)
6. Raupya bhasma (oxide of silver).
7. Suvarna bhasma (oxide of Gold).
8. Muktā pisti (Pure pearl powder).
9. Pravāla Pisti (Pure coral powder).
10. Lauha bhasma (oxide of iron)
11. Pāthā (Cissampelos pareira)
12. Vidanga (Embelia Ribes)
13. Mustaka (Cyperus Rotundus)
14. Sunthi (ginger).
15. Ushira (vetiveria Zizanioids).
16. Shudha Hartala (Purified Arsenious sulphide).
17. Abhra bhasma (oxide of black) mica.
18. Āmalaki (Phylanthus Embelica).

First take all the herbal drugs and make fine powder of them and filter in a fine cloth. Then take Bhasmas and fine powder of other ingredients and mix them in a stone mortar and rub well with the juice of Arka Patra (leaf of calotropis procera) for two days and then mix Kusturi

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(Musk) and Karpoora (Camphor) and again rub in juice of Arka patra for one day and then make pills of 3 grs.

Dose : One pill to be taken with honey or any other vehicle according to requirements.

Pittolvana Sannipāta Jwara : The characteristic features of Pittolvana Sannipāta Jwara are hyperpyrexia (high temperature), burning sensation in the body, perspiration, excessive thirst, prostaration, fits, and diarrhoea of liquid and reddish stool. The patients get mouth sore, giddiness and red eruption on the body.

Treatment : The physician should try to bring down the temperature by external and internal measures as described earlier. 'Shadanga Pāniya' is very good for thirst and fever. Parushakādi and Chandanādi Kvātha are recommended in this type of Sannipāta Jwara. These Kvāthas should be used when they are not hot. The Kvātha must be cooled. Vrihat-Kasturi bhairava Rasa is used successfully with the juice of Brāhmi (Hydrocotyle Asiatica) or Chandana (Santalum album). Chandanādi Kvātha consists of Rakta Chandana (Red Sandalwood), Padmakāstha (Prunus Cerasoides). Katuki (Picrorrhiza Kurroa), and Prisnaparni (Uraria picta). It is prepared as a decoction.

Dose : 1 to 2 ozs. twice or thrice daily. It brings down the temperature and relieves burning sensation of the body.

Kapholvana Sannipāta Jwara : There is hyper-pyrexia with the following special symptoms :—Stammering (gadgada vāktva) śweat-taste in mouth and drowsiness.

Treatment : Brihatyādi Kvātha is a specific medicine for Kapholvana Sannipāta Jwara. It consists of both the Kantakaris (Solanum xanthocarpum and Solanum Indicum), Puskaramula (Inula Racemosa), Bharangi (Clerodandrun serratum), Karchura (curcuma zedeeria), Karkataka (Rhus. Sucidanea), Dhamāsā (Fagonia Arabica), Nirmali bija (Strychons potatorum), Patola patra (leaves of Trichosanthes Cucumerina) and Katuki (Picrorrhiza Kurroa). A decoction is to be prepared as per instruction in appendix.

Dose : 1 to 2 ozs, twice or thrice daily. Brihat-Kasturi-bhairava-rasa can be used here also with pippali churna and honey. 'Sannipāta Bhairava Rasa' is a specific medicine in Kapholvana Sannipāta Jwara. It

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consists of 4 parts of purified cinabar (Hingula), 2 parts of purified Sulphur (Gandhaka), 2 parts of purified Aconitum Ferox (Shudhavatsa-nābha), 3 parts of purified Dhatura seeds powder, and 1 part of fried Borax (Shudha Tankana) made in fine powder and mixed together and macerated with the juice of lemon for 3 hours and then prepared pills of 2 grs.

Dose : 1 Pill twice or thrice daily.

Similarly there are descriptions of Vāta-Pittolvana Sannipāta, Vāta Kapholvana Sannipāta and Pitta-Kapholvana Sannipāta Jwaras. Signs and symptoms of these Sannipātas along with their treatments are also described. Besides there is a Tridosholvana Sannipāta also. Specific decoctions for each of them are mentioned such as Brihat-Panchamula Kvātha and Chaturbhadrā Kvātha are recommended in Vāta-Pittolvana Sannipāta Jwara while Parpatādi Kvātha has been recommended in Pitta-Kapholvana Sannipāta Jwara. Vāta-Kapholvana has been said to be incurable. In Tridosholvana Sannipāta Jwara, Yogarāja Kvātha has been recommended.

Brihat Panchmula Kvātha : Consists of five herbs viz. (1) bark of the root of Bael (Aegle Marmelos), (2) bark of the root of Agnimantha (Clerodendron Phlomoides, (3) bark of the root of Syonaka (Oroxylum Indicum), (4) bark of the root of Pātalā (Stereospermum Swaveolins) and (5) bark of the root of gambhara (Gmelina Arborea). Decoction to be prepared as per direction in the appendix.

Dose : 1 to 2 ozs twice or thrice daily.

Chaturbhadrā Kvātha : Consists of Chiraita (Swertia chirata), Mustaka (Cyperus rotundus) Guduchi (Tinspora Cordifolia) and Sunthi (ginger).

Prepared decoction Dose : 1 to 2 ozs twice or thrice daily.

Parpatādi Kvātha : Consists of Parpataka, Kāyaphala, Kustha, Ushira, Rakta-Chandan, Sugandhabālā, Sunthi, Mustaka, Karkataka, and Pippali.

Dose : 1 to 2 ozs. twice or thrice daily.

Yogarāja Kvātha : consists of Sunthi, Dhānyaka, Bhārgi, Padmakastha, Rakta Chandana, Patola patra, bark of Nimba, Triphala, Madhuyasti, Balā, Katuki, Mustaka, Gaja-pippali, Āragvadha, Chiraita, Guduchi Dasamula and sugar candy. All equal parts taken and crushed and

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decoction as per instruction is prepared. Dose : 1 to 2 ozs twice or thrice daily.

The following Nasyas (Snuffs) are recommended to be used in Sannipāta Jwaras as and when required :—

(1) *Tandrāhara Nasya* : Consisting of a fine powder of Sunthi (ginger), Pippali (Piper longum), Maricha (Piper nigrum) to be snuffed with the juice of the flower of Agastya (Sesbania grandiflora). This removes the Tandrā (drowsiness) of the patient suffering from Sannipāta Jwara.

(2) *Nasya-bhairava* : It consists of Rasa Sindura (Red sulphide of mercury), Tāmra Bhasma (Oxide of copper), fried borax, Zinc Oxide, ferrous oxide (Lauha bhasma), bark of the root of Chitrak (Plumbago zeylanica), Sunthi (ginger), Pippali (long pepper) and Maricha (black pepper) taken in equal parts and made fine powder. This is to be snuffed with the juice of Arka. This removes unconsciousness of a patient suffering from Sannipāta Jwara.

(3) *Mohāndha Suryarasa* : Take Kajjali (black sulphide of mercury) and macerate in the juice of garlic (Rasona) for atleast 3 hours. Again mix with garlic juice and drop into the nostril. This is very good remedy to cure convulsion or fit of a patient suffering from Sannipāta Jwara.

Murchhāntaka Nasya : Narasara (Amonium Chloride) Chunam (Lime) Soraka (Potassium Nitrate). Take in equal quantity and make fine powder of each of them separately, mix together and put camphor 1/12th of the powder in it and keep in a stopered bottle. Ask the patient to smell it. It cures the patient suffering from unconsciousness or fit.

Rasonādi Anjana : Take Rasona (garlic) Pippali (long pepper), Rājika (Red mustard), Vacha (Acorus calamus) and Haritaki (Terminelia chebula) in equal quantity and make fine powder and macerate in Cow's urine and then prepare Varti (stick) and dry. This is to be applied in the eyes of the patient after rubbing it in water on a stone. It cures Tandrā (drowsiness) of a patient suffering from Sannipāta Jwara.

Sannipāta-hara Anjana : It consists of Kajjali (black sulphide of mercury) 2 parts, Lauha bhasma (Ferrous oxide) one part, Pippali (long pepper) 1 part, and Shudha Jayapala (Croton Seed purified) 12 parts,

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made fine powder and rubbed with the juice of lemon for 21 days and then prepared sticks and dried. This is rubbed in water and applied to eyes to relieve the patient's drowsiness, unconsciousness and delirium suffering from Sannipāta Jwara.

In this chapter the English rendering of bhasma has been losely done. Oxide is not the proper term to denote Bhasma. So it should be taken in the sense of a metal or non-metal made into ashes by burning according to Āyurvedic method. Though only seven types of Sannipāta Jwaras have been described here, there are many more for which a reader is requested to refer original Āyurvedic texts. The following names are given for information.

(1) Visphāraka Sannipāta Jwara—This is Vātolvana Sannipāta.
(2) Āshukāri Sannipāta Jwara—This is Pittolvana Sannipāta.
(3) Kampana Sannipāta Jwara—This is Kapholvana Sannipāta.
(4) Babhru Sannipāta Jwara—This is Vāta-Pittolvana Sannipāta.
(5) Shighrakāri Sannipāta Jwara—This is Vāta-Kapholvana Sannipāta.
(6) Bhallu Sannipāta Jwara—This is Pitta-Kapholvana Sannipāta Jwara.
(7) Kutapālaka Sannipāta Jwara—This is Tridosholvana Sannipāta.
(8) Vaidārika Sannipāta Jwara—This is Hinavāta-Pitta madhya-Slesmādhika Sannipāta.
(9) Yāmya Sannipāta Jwara—This is Hinavāta-madhya Kapha-Pittādhika Sannipāta.
(10) Krakacha Sannipāta Jwara—This is Hinapitta-Madhya Kapha-Vātādhika Sannipāta.
(11) Karkataka Sannipāta Jwara—This is Hinapitta-Vāta madhya-Kaphādhika Sannipāta.
(12) Sammohaka Sannipāta Jwara—This is Hina Kapha-Pitta Madhya-Vātādhika Sannipāta.
(13) Pālaka Sannipāta Jwara—This is Hina Kapha-Vāta madhya-Pittādhika Sannipāta.

All these Sannipātas are due to permutation and computation of Doshas involved in them. They manifest their symptoms according to the said permutation and computation of the Doshas. The signs and symptoms are indicative of Doshas involved. Some important

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perparations of Āyurvedic medicine recommended for the treatment of Sannipāta Jwaras are mentioned here.

1. *Hingu Karpoora Vati* : It consists of Shudha Hingu (Asafoetida) 1 part Karpoora (Cammphor) 1 part, Kasturi (Musk) 1/8 part well mixed together in a stone mortar or porcelain mortar with the help of honey to prepares pills of 2 grs.

Dose : 1 pill to be given with water or honey or green ginger juice every four hours. It maintains the pulse volume and subdues delirium, tremor and other complications. It is expectorant and subsides toxic condition.

2. *Pralāpāntaka rasa* : This is prepared with the following drugs :— Purified seeds of Dhatura 9 mashas (135 grs.), Kajjali 1 tola, (180 gr), Trikatu churna 1 tola (180 gr.), purified borax 1 tola (180 gr); Except Kajjali other drugs are made into fine powder first and then mixed together in a mortar. After mixing them together rub well with lime juice in a mortar. and make pills of 2 grs. and dry.

Dose : 1 pill to be given with honey as and when required twice or thrice daily. It subsides the delirium of a patient suffering from Sannipāta Jwara. This is carminative also.

Nidrodaya rasa : This medicine is administered to a patient to bring sleep. It consists of purified opium 90 grs., Vansalochana (Bamboo Manna) 90 grs., Rasa Sindura (Red Sulphide of mercury) 90 grs., Dhātakipuspa (wood-fordia Fruticosa) 6 Drachms, Powder of Amalaki (Embelica) 6 Drachms. Make fine powder of all the drugs except opium and macerate them together in Vijaya juice (Cannabis India) three times. Take opium in the juice of Cannabis Indica and macetate it well and then mix it with the above and rub together in a mortar to make pills of 7 grs.

Dose : 1 pill. Once or twice as and when required with water. This medicine should be used very carefully. It should not be used when there is constipation.

Trailokya chintāmani Rasa and *Yogendra Rasa* are reputed medicines to be administered in Sannipāta Jwara when other medicines fail to control the case. It acts wonderfully when used with various anupānas (vehicles) suited to the condition of a patient suffering from Sannipāta

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Jwara. They tone the heart and sooth the respiratory tract (lungs). They remove the brain congestion also. Trailokya chintāmani is also used in all nervous diseases. Yogendra Rasa is Cardiac tonic, nutritive, and it cures all sorts of nervous debility and promotes vigour and vitality. It strengthens the cardiac muscles, and removes perspiration, dyspnoea etc.

Manthara Jwara or Āntrik Jwara or (Enteric fever)

As said earlier that there are many modern fevers which according to Āyurveda may be included among Sannipāta Jwaras, so some of them are being described here. Most important among them are fevers of the Enteric Group. They are Typhoid fever and Paratyphoid fever. In Āyurvedic texts we get the description of 'Manthara Jwara.' The signs and symptoms of 'Manthara Jwara' are identical with the signs and symptoms of Typhoid fever. Mahamahopadhyaya Gananath Sen Saraswati has described it in his Sidhānta Nidana as 'Āntrika Sannipāta Jwara' because of its lesions traceable in 'Antra' (Intestines). The modern terminology Enteric is also indicative of the lesions in intestine. As it is caused by the infection of 'Bacillus typhosus' so it is called Typhoid fever. Early symptoms are headache, anorexia, darkness before the eye, uneasiness, constipation and fever. Then there is distension of the abdomen and tongue is rough and coated with tips (of the tongue) red In the second week the temperature rises up to 104° and 105° F. Sometimes there is enlargement of spleen with tenderness. There are eruptions on the abdomen, neck and thigh like pearl. Because of this eruption it is called Manthara Jwara or Motijharā. In the second and third week, the temperature is very high with complications of delirium, drowsiness, cough, convulsion, prostration and coma. There is often diarrhoea—passing of liquid stools like juice or soup of green gram. If proper action is not taken, there is a chance of perforation which is fatal. Peritonites is generally followed by perforation if proper treatment is not done.

Treatment : General treatment as described in Sannipāta Jwara to bring down the temperature should be adopted. As far as external measures—cold applications are preferable. The patient should be kept in perfect rest in bed with least movement and exertion. 'Shadanga Pāniya' is recommended to relieve the patient from thirst, burning sensa-

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tion and fever. No solid food is allowed. Some juice (fruit juice or soup) may be given to maintain the strength of the patient. Glucose or Draksha water or whey or Barley water may be given as and when required. In order to clean the bowels during constipation, vasti (simple enema) may be given or some lexative like Draksha soup or fig soup or Aragvadha (Cassia fistula) may be used. Turpentine stoupe may be given to remove distention of bowels. 'Godanti misrana' is safe antipyretic. Brihat Kasturi Bhairava rasa is also highly recommended. This prevents brain congestion and toxemia and brings down the temperature. The toxin produced during this disease is very well controlled by the regular use of 'Makaradhwaja' say-1 dose at least daily with honey or juice of betel leaf. The patient should be allowed to drink as much of water (boiled and cooled) or Shadanga Pāniya as possible. 'Madhurāntaka vati' has been found very efficacious. It expels the toxin of the body and expedites the onset of manthari eruptions. Since the invention of antibiotics specially 'Chloromycetin', the danger or the prognosis of the disease has been much reduced. The main treatment is to maintain the strength and vitality of the patient so that he may stand to the complications that are expected to be manifested.

Paratyphoid : The signs and symptoms in paratyphoid are milder than that of Typhoid. The conditions are not so acute. However it is not very easy to differentiate. Bidal test and culture of the blood only give some clue in this respect.

Treatment : As there is no such demarcating line described in Āyurveda between them so the treatment is also the same as that of Manthara Jwara.

Swasanaka Sannipāta Jwara or Pneumonia

This is also one of the varieties of Sannipāta-Jwara. According to Āyurveda this may be called Vishābhishangaja Jwara caused by the infection of 'Pneumococcus.' This may be equated with Karkatak Sannipāta Jwara. Apart from fever the patient constantly coughs lac-juice-colour sputum. The patient feels difficulty in breathing because of the congestion of lungs. If the congestion of lungs are not taken care of, consolidation of the lungs develops. In this stage sometimes there is blood stain in the sputum of the patient and the temperature rises. There is tubular breathing along with fine crepitation

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traceable by auscaltation. Percussion note is dull. This is called 'Swasanaak' because of the involvement of Svasana (respiratory) Yantra (apparatus). There are two main varieties of pneumonia viz. (1) Lobar and (2) Bronchial. These are again divided and sub-divided according to the involvement of the parts of respiratory organs. In the early stage of the manifestation of this disease the patients complain of side pain in the chest, breathing trouble, and cough.

Signs and symptoms : In this Sannipāta Jwara the patient experiences cold and then there is high fever. There is no desire of food and the patient complains of thirst, cough, pain in the chest and breathing trouble (increased breathing). The sputum is red-brown and sticky. During breathing both the nostrils are running and moving. There is perspiration over the forehead and weakness, depression, delirium, comatose etc. supervene. The pulse is diacoratic. If proper care is not taken the temperature falls down with crisis and proves fatal.

Treatment : The treatment depends on the conditions of the patient. There are various stages which require special care. The patient should be given perfect rest in bed. The place for keeping the patient must be very clean and free from moisture. Proper arrangement for ventilation is most necessary. At the same time it should be free from chilly air and (pravāta) rough air. The patient's strength and vitality must be maintained by giving nutritive and easily digestible liquid food. 'Brihat Kasturi Bhairava Rasa', Nāradiya Lakshmi Vilas and Tribhuvana Kirti Rasa, Trailokya Chintāmani Rasa are recommended to be administered with suitable vehicle as and when required. Abhra bhasma, Kasturi, Muktā and Makaradhvaja are given singly or in combination according to the need of the patient. In order to remove the inflammatory condition of lungs the following external applications are recommended (i) Atasyādi Lepa, (ii) Dasānga lepa and (iii) Karpooradi lepa. (For detail refer to appendix). 'Kasturi Bhusan' also is indicated to be useful in the treatment of pneumonia.

Shlesmaka Sannipāta Jwara or Influenza

This is a variety of Vāta-Kapholvana Sannipāta Jwara. This is one of the Janapadodhvansi (epidemic) diseases. In this fever also the respiratory organs are involved.

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Signs and Symptoms : In the beginning the patient complains of cold and coryza, running of the nose, headache, sometimes shivering with feeling of cold, bodyache, pain in the loin, back and chest. There is fever and cough and patients feel much weakness. Sometimes there is blood stain in sputum. There is rapid loss of blood due to haemolysis in this fever and therefore the patient becomes very weak in short time.

Treatment : The treatment is just like the treatment of Vāta-Kapholvana Sannipāta Jwara. The patient should be given rest in bed and nutritive, easily digestible, light and liquid food should be given to maintain the strength of the patient. Boiled warm water should be given to drink. Some laxative to clean the bowels as and when necessary is to be administered. This fever is being Sankrāmaka (infectious) other members of the family must be protected from its infection. 'Surasādi phānta' is very effective for this. 'Kasturi Bhairva Rasa' and Tribhuvana-kirti Rasa, Kalpataru Rasa, are highly recommended in this fever. These medicines are antipyretic and expectorant. 'Brihat Kataphalādi Kvātha' is a specific medicine for Shlesmaka Jwara (Influenza).

Ākshepaka Jwara or Cerebrospinal fever.

This is a variety of Vātolvana Sannipāta Jwara. It is called 'Ākshepaka' because the patient throws or moves his hand and feet violently and very often in this fever. The patient moves his part of the body specially limbs abnormally in this fever. There is severe headache and vomiting in this fever. The patient gets shivering with feeling of cold. There is contraction of muscles of the back and neck. The patient feels difficult to move his neck because of the stiffness of the muscles of neck. Sometimes he suffers from wryneck. The prognosis of this type of Sannipāta Jwara is not good. The patients generally expire within a week.

Treatment : The physician should try to control the 'Ākshepa' (convulsion) and remove unconsciousness by external and internal measures. The heart should be protected from failure. 'Suvarna Bhupati Rasa' or 'Yogendra Rasa' or 'Hiranya-garbha Pottali' may be administered for this. 'Shrigopala Taila' is recommended to apply on the head to prevent congestion by its soothing action.

Suvarna Bhupati Rasa : It removes the toxic effect of the fever by antagonising the toxin produced and tones and soothes the nervous

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system. It improves the capacity of kidneys to eliminate toxin from the body.

Hiranya garbha Pottali Rasa is a reputed heart tonic. It gives strength to the muscles of the heart and soothes the brain. (For detail refer to appendix).

VISHAMA JWARAS

'Vishama-Jwara' is a technical term indicative of a group of fevers which have Vishama (irregular) Ārambha (onset) and Visharga (remission) of temperature. There is a description of 'Sama-jwara' in Kāshyapa Samhitā. The definition mentioned there is as follows :—Those fevers come under Sama-Jwara which are caused by less etiological factors and have mild symptoms with no complication. This fever does not take much time to mature and is cured easily. The Vishama Jwaras are just opposite to the Sama-jwara. Thus Vishama-jwara has a great range and includes many types of fever which will be evident from the descriptions as mentioned hereafter. The following types of fever come under this Group :—

(1) Santata Jwara (Malarial remittent fever).
(2) Satata Jwara (Double quotidian fever).
(3) Jeerna Satata Jwara (Kala Azar).
(4) Anyedyusk Jwara (Quotidian fever).
(5) Tritiyaka Jwara (Tertian Fever).
(6) Chāthurthaka Jwara (Qwartan fever).
(7) Pralepaka Jwara (Hectic fever).
(8) Vātabalāsaka Jwara (Beri-Beri Fever).
(9) Shlaipadika Jwara (Filarial fever).
(10) Pretotha Jwara.
(11) Aupadravika Jwara.
(12) Seven kinds of Dhatugata Jwaras.
(13) Āgantuja Jwaras (4 kinds).
(14) Peeta Jwara or Hāridraka Jwara (Yellow fever).
(15) Prishaj-Jwara (Typhus fever) etc.

Santata Jwara (Malarial remittant fever).

A Vishamajwara in which temperature does not come down to normal but persists for seven, ten or twelve days increasing and decreasing at periodic intervals is called Santata Jwara or Malarial remittent fever.

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Treatment : The physician should try to clean the bowels by some laxative medicine or enema (vasti). After the bowels are cleaned the medicine is very effective. Some anti-periodic and febrifuge medicine should be given to bring down the temperature. The following drugs are febrifuge or antipyretic and antiperiodic :—

(1) Sahadevi (Vernonia Cineria).
(2) Peeta Daru (Adina Cordifolia).
(3) Trāiyamana (Gentiana Kurroa).
(4) Kāravellaka (Momordia Charantia).
(5) Karkotaka (Momordica Cochin-Chinensis)
(6) Saptaparna (Alstonia scholaris).
(7) Karanja (Caesalpinia Bonducella).
(8) Dronapuspi (Leweas cephalotes).
(9) Tulasi (Ocimum sanctum).
(10) Kirata Tikta (Swertia Chirata).

The decoction of these herbs singly or in combination may be used in doses of 1 to 2 ozs. twice or thrice daily. 'Godanti misrana', Kirāta-kalpa, Karanjādi Vati and Saptaparnaghana-satvavati are specific medicines for this type of fever. 'Ashva-kanchuki Rasa' cleans the bowels and brings down the temperature. 'Jwara-murāri Rasa, is antipyretic and stimulant, it dispels fever accompanied with indigestion and constipation. 'Pitta-Jwarantaka Vati' is a very good diaphoratic and febrifuge medicine.

Satataka Jwara (Or Double Quotidian fever):

In this type of Vishamajwara there is twice rise and fall of temperature within 24 hours (day and night). When this double rise of temperature takes a chronic shape i.e. persists for a longer time and there is much loss of blood due to destruction of blood cells and the spleen is enlarged, then it is called 'Kala-Azar.'

Treatment : The same treatment as mentioned in Santata jwara should be adopted to bring down the temperature. The following are the specific medicine in this type of Vishama Jwara :—

(1) Guduchyādi Kvātha—consists of Guduchi (Tinspora Cordifolia), bark of Nimba tree, Red Sandalwood, Coriander and Padmakāstha (Prunus Ciracoids). All drugs are to be taken in equal quantity and pre-

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pared decoction—Dose 1 to 2 ozs. twice or thrice daily. This is anti-periodic and febrifuge and carminative as well. It is anti-malerial also. 'Samsamani Vati' prepared and mixed with Ativishā Churna (Aconitum hetrophylum) 4 grs in every dose is very effective in this fever. In chronic stages i.e. Kala-Azar, 'Putapakva-Vishamajwarāntaka Lauha' should be used (for detail see appendix). Putapakva Vishamajwārantaka Lauha is useful in all types of chronic malaria specially Kala-Azar. It is antiparasitic and haemetenic (Raktavardhaka). 'Jayamangala rasa' is also very efficacious in chronic stage. This is effective in acute and chronic fever of unknown origin also.

Anyedyuska Jwara (Quotidian fever).

In this type of malarial fever or Vishamajwara, there is rise of temperature only once in twentyfour hours i.e. day and night. In all types of these Vishamajwaras, the rise of temperature is always with rigour (Shita-Kampa) and remission precedes perspiration.

Treatment : Treatment in these periodic fever is done at two stages or conditions viz.—(i) treatment to check the attack of fever and (ii)) treatment after attack to bring down the temperature. After this the treatment is done to restore and purify the Dhatus that are destroyed and vitiated. This is done either adding some metatone in the prescription of the medicine for fever and by provision of nutritive diet. Godanti mishrana, Kirata kalpa and Dāha-prasamanādyarka are given during the fever to bring down the temperature and relieve thirst, burning sensation etc. Some external measures are also employed to combat chill, rigour and shievering such as blanket, quilt, warm cloths to cover the patient. If there is constipation, bowels should be cleaned by some laxative or purgative medicine or by enema as and when required. Some fruit juice like orange pomeogranate are also beneficial. To check the attack of fever the following medicines may be administered as and when required :—

(i) Vishamajwarāntaka vati, (ii) Karanjādi vati, and (ii (Saptaparna-ghana-satva vati. If the patient is suffering from some longer time i.e. in chronic cases (i) Vishamajwarāntaka Lauha, (ii) Mahā Sudarshana churna, (iii) Jwarāri Abhra, (iv) Mahā Jarānkus rasa, may be used as per instruction in the appendix.

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Tritiyaka Jwara or Tertian fever

In this Vishamajwara, the fever attacks at interval of one day i.e. every third day. The rise and fall of temperature is always accompanied with rigour (cold and shivering) and perspiration respectively.

Treatment : The treatment is just like the Quotidian fever. The medicine to prevent or check the attack should be given when there is no fever preferably 6 to 3 hours before the attack. The medicine should be repeated as per direction. Apart from the medicines mentioned earlier the following are specific in Tertian fever :—

(i) Shitabhanji rasa, (ii) Jwara Kunjara Pārindra rasa and (iii) Trayahākari rasa. In chronic cases Vishamusthyādi Vati, Panchtikta-ghana-Vati, Vishamajwarāntaka Lauha, Vrihat Sarvajwarahara Lauha are recommended. These medicines are antiperiodic, febrifuge and haematinic (for detail refer appendix).

Chāturthaka Jwara or Quartan fever

In this Vishamajwara, the attack of fever is often every fourth day i.e. at the interval of two days. The attack of fever is always preceded by rigour, (chill and shivering) and the fall of temperature is preceded by perspiration.

Treatment : The treatment of this type of Vishmajwara is also like other Vishamajwaras mentioned earlier. The specific medicines for this are following :—(i) Chāturthakāri Rasa, (ii) Putapakva Vishamajwarāntaka-Lauha, (iii) Vishvatāpa-harana Rasa and (iv) Mahā Sudarsana churna are recommended.

In all the above mentioned Vishamajwaras the following Ashavas and Arishtas are preferably given specially in chronic cases :—

(1) *Lauhāsava* : indicated in chronic fever, liver and spleen complain, anaemia, convalescence after diseases. It increases the haemoglobin contents of the blood. It is very good alterative and tonic.

(2) *Kumāryāsava* : indicated in liver and spleen disorders. It corrects the function of the liver and regulates the bowels.

(3) *Amritārishta* : indicated in chronic and relapsing fevers. It is very good alterative and corrective of the function of spleen and liver.

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Pralepaka Jwara (Hectic fever) :

This type of Vishamajwara or Hectic fever is often indicative of some serious type of fever in which the body elements are destroyed (Dhatukshaya) such as 'Rājayakshma' or 'Shosha' (Pulmonery tuberculosis). In this fever the patient feels heaviness of the body and the whole body of the patient is wet with perspiration. In the morning the rise of temperature is very mild. Sometimes the patient does not feel fever but only letharginess. In the afternoon or evening there is rise of temperature. It is an emaciating disease in which the patient loses his body weight because of the destruction of body elements. Generally Vāta-Pitta are aggravated. Sometimes it is indicative of some internal abscess. This is very difficult to treat and is troublesome. In fact it is not an independent fever. There is always remission of temperature and the type is intermittent.

Treatment : It is desirable to treat the primary or the main disease. 'Vasanta Mālati Rasa' and 'Sarvānga sundara Rasa' are recommended. Sudarshana churna and Jayamangala rasa are also very efficacious in this fever.

Vasanta Mālati Rasa is indicated in all types of chronic fever where there is doubt of the destruction or wasting of body elements. It also cures respiratory debility, loss of vitality, consumption etc. It is a respiratory and heart tonic.

Sarvāngasundara Rasa : It is an excellent medicine for fever accompanied with consumption and pulmonary diseases. It is effective in sprue sydrome also.

Vāta-balāsaka Jwara or Beri-Beri :

It is called Vāta-balāsaka because kapha is also associated in the manifestation of this fever. The rise of temperature is mild but persistent and daily with oedema (swelling) of the various part of the body. The patient feels roughness in the body and is very depressed. In the beginning the oedema starts from the face and spreads to the limbs.

It effects the trunk also. The patient feels weakness and stiffness of the parts of the body. There is complication of salivation, cough and dispnoea. This is supposed to attack those who are millet-rice-

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eater. It breaks as an epidemic. From modern point of view it is due to deficiency of Vitamin B.

Treatment : 'Panchānana Rasa' of Shothadhikara and Chintāmani Rasa of Hridroga-dhikara are found to be best medicine in this fever. Punarnavārishta and Balārista are also successfully administered. (for detail refer to appendix).

Shlaipadika Jwara or Filarial fever :

When the fever starts with some inflammation of some parts of limbs (hand and leg) and scrotum with local pain often once in a fortnight with rigour, (cold and shivering) it is suspected to be a filarial fever or Shlaipadika Jwara. It is aggravated on fullmoon day. It is a Kapholvana Vishama Jwara found in a country or locality where there is accumulation of dirty water and the place is always damp.

Treatment : The specific medicines in this fever are (i) Lakshmi Vilāsa Rasa, (ii) Nityānanda Rasa, (iii) Malla sindura, and (iv) Mahā-Yogarāja Guggulu. The patient should be advised to drink boiled water. This is also communicated by a special type of mosquito like malaria.

Lakshmi Vilāsa Rasa : This is a special kind of Lakshmi Vilasa Rasa prepared with more quantity of Abhraka Bhasma (for detail refer appendix).

Nityānand Rasa : It is a specific medicine for filarial fever in Āyurveda. Dose is 1 to 2 pills, twice or thrice a day with hot water or cow's urine. This is also effective in other glandular fevers.

Malla-Sindura : This is an arsenic preparation very effective in filarial fever. It is given in other fevers also accompanied with oedema due to Kapha and Āmadosha.

Dose : 1/2 to 1 gr. with powder of long pepper and honey twice a day. This is also given to a patient suffering from Asthma.

Pretotha Jwara or Grahotha Jwara

In Kāshyapa Samhitā Pretotha and Grahotha Jwaras have also been included in Vishama Jwara group. It is very difficult to give modern (English) rendering of these Jwaras. These two Jwaras are described due to the prakopas (angers) of deities and grahas. There are certain

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rules described for observance by human being in shape of rituals. If those rules are not observed in a proper way, the deities and grahas become angry and they produce Jwara (fever). These fevers have peculiar signs and symptoms and they do not yield by those medicines only which have been mentioned in Vishamajwara. Along with fever the patient sometimes cry and sometimes laugh. They are drowsy, pale and complain of thirst, diarrhoea, vomiting, dryness of palet and some burning sensation in the head etc.

Treatment : Treatment of this type of fever consists of some special rituals prescribed for the purpose and to do some chanting etc., along with medicine of Vishamajwara. These fevers require some psychotherapy.

Aupadravika Jwara

This is a fever manifested as a complication in many diseases in their chronic stage. As this type of fever has irregular rise and fall of temperature along with irregular time and period so it is included into Vishamajwaras.

Treatment : is according to symptoms. The main disease has got to be treated first unless the treatment of complication is imperative.

Dhātugata Jwaras

Mahāmahopādhyaya Gananath Sen Saraswati in his Siddhant Nidana has included all Dhatugata jwaras under Vishamajwaras. He has quoted Sushruta in his support (s. u. ch. 39). Sushruta has said that abode of Vishamajwaras is Dhatus (body elements), Rasa-Rakta etc. There are descriptions of the signs and symptoms of Dhatu-gata Jwaras. Among the Dhatugata Jwaras, Rasagata and Raktagata Jwara are described as easily curable (Sukha Sādhya). Mamsa and Medogata Jwaras are also curable. It is said that Santata and Satataka Jwaras are Rasa-Raktagata Jwaras. Anyedyuska and Tritiyaka are mamsa-medo-gata Jwara. Asthi and Majja gata Jwaras are very difficult to cure. Chāturthaka Jwara is Asthi and Majjagata Jwara.

Treatment : Vamana (emesis) has been prescribed in Rasagata Jwara. The patient should not be given any diet. He should fast; Seka (sudation) Pradeha (some Jwara hara application to the body) and Samsamana (Palliative) treatment is desirable in this fever. In mamsa and Medogata

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Jwara the patient should be kept on fasting along with some laxative and purgative medicine as and when required. Niruha and Anuvāshana Vastis are to be given in Asthi and Majjagata fevers. Sometimes blood leting is required in Raktagata Jwara and strong purgative in Mamsagata Jwara. In Medogata Jwara medicine which reduces the fat should be given. Vātanashaka measures like Abhyanga (oleation) is necessary in Asthigata Jwara.

The following medicines may be used in Dhātugata Jwaras :—

(i) Sudarshana Churna, (ii) Sarva-Jwara-hara Lauha, (iii) Samsamani Vati, (iv) Amritārishta, (v) Swarna Vasanta Mālati Rasa, as and when required.

Āgantuja Jwara

In all the Vishama Jwaras, there is Anubandha (compact)of Āgantuka Kāranas and therefore they are included in Vishama Jwara group. Āgantuja Jwaras are divided under four groups viz. (1) Abhi-Shangaja, (2) Abhighātaja, (3) Abhichāraja and (4) Abhishāpaja.

Abhishangaja Jwaras—are of five kinds viz. (i) Kāmābhishangaja—due to over-passion (desire for sexual enjoyment), (ii) Shokābhisangaja—due to over-grief, (iii) Bhayabhishangaja—due to fear, (iv) Krodhabhishangaja—due to anger or wrath and (v) Bhutābhisangaja—due to mental worries.

Abhighātaja or traumatic are according to the trauma or injuries.

Abhichāraja are produced by some kind of chanting etc.

Abhishāpaja—are due to Abhishāpa (ill-will) of superior person or deities.

Treatment : Treatment of these Jwaras are of two kinds viz.—(i) To remove the cause and (ii) to cure the morbid condition of the part of the body involved and mind. The treatment is mostly psycho-somatic. In case of Kamābhisangaja Jwara, a physician has to enrage or create fury in the patient to bring down the passion and then to give if necessary some antipyretic (Jwarahara) medicine. Similarly in case of Krodhābhishangaja Jwara, physician should try to create passion in the patient and make arrangements to fulfil the desire. This brings down the fury of a patient thereby relieving the fever. In case of Shokaja and Bhyaja Jwara, the patient is required to be made courageous and free from sor-

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row and fear. This can be done by consoling and enthusiasing the patient cleverly. Some stimulant and tonic medicine which possess the property of antipyresis should be given. For this—Svarna Vasantamālti, Chaturmukha Chintāmani Rasa, Yogendra Rasa and Ashva gandhārishta are very efficacious.

Peeta Jwara or Yellow fever

This fever is also called Hāridraka Jwara. In this fever the whole body of the patient becomes yellow. The temperature is very high with the inflammation of the kidney. There is haemorrhage in the skin, stomach and intestines. The patient complains of headache and vomiting or nausea. It is of two kinds viz.—mild and general. The onset of the fever is with rigour or shivering with feeling of cold. The temperature rises upto 103° to 104° F. The face of the patient look flushed and tongue is furred. Urine examination reveals the passing of albumin.

Treatment : The treatment is just like that of Vishamajwara. The medicines should be selected which are pittasamaka, Pittanihsāraka and diuretic. Godanti misrana, Prabāla Pisthi, Muktapisthi, Samsamani Vati and Sutasekhar are used as and when required successfully. (For detail refer to appendix).

Krishna-meha-Jwara (Black water fever)

Some authors have named it as Kālameha. This nomenclature is due to the black colour of urine passed by a patient suffering from this disease. This has also been described among various types of Pittaja meha. This has been found due to excess use of quinine and other medicines alike. There is a rapid destruction of blood in this disease. The cause is still unknown.

Treatment : The patient should be given good nutritive liquid diet and kept on rest. Sufficient water with glucose should be given to drink. Sarjikshara with sugar and lemon juice is a good drink in this fever.

The treatment is mainly Pitta-prasādhaka (Soothing to Pitta)—a medicine possessed of Shita virya and Madhura rasa. Muktā, Prabāla, Guduchi-Satva, Lauha and Mandura preparations are very efficacious in this fever. The treatment is just like the treatment of Pānduroga

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(Anaemia) and Kāmalā (Jaundice). The following medicines are recommended :—

(i) Punarnavā mandoora, (ii) Navāyas, (iii) Yoga-raja rasa, (iv) Putapakva Vishama Jwarāntaka Lauha, and Lauhāsava as and when required

Punarāvartaka Jwara (Relapsing fever).

In VishamaJwaras, when the rise of temperature becomes recurring due to improper treatment, it is called 'Punarāvartaka Jwara.'

Signs and symptoms : There is repeated attack of fever with rigour or shivering without any notice. Sometimes the rise of temperature is very acute and sometimes mild. Sometimes the rise of temperature is accompanied with vomiting. The temperature rises of upto 104° F. There is enlargement of spleen. Jaundice and Albuminaria are also manifested sometimes.

Treatment : After due consideration of the strength of the patient, a physician should prescribe Samsodhana (laxative or purgative) to clear the bowels and for elimination of Doshas. Yāpana Vasti may preferably be used. Nutritive and easily digestable food may be prescribed to maintain the strength of the patient. External applications like Abhyanga (oleation) and tub water bath may be given. Putapakva-Vishamajwarāntaka Lauha is very efficacious. Pancha Tikta Kashaya is a reputed medicine for this type of fever. Amritārista, Lauhāsava, Sarvajwara-hara Lauha, Jayamangala rasa and Malla sindura may be used as and when required. (For detail refer to Appendix).

Karnamulika Jwara (Mumps)

This fever is also described as Pāshāna-gardabha in Āyurvedic literature. In this the fever starts with the inflammation and swelling of the Karnamula granthi (Parotid glands). This is very infectious. Sometimes there is swelling and pain in the scrotum also. The rise of temperature persists upto ten days. This is mostly seen among boys of 4 to 25 years of age. This is seen of two types—(i) simple and (ii) suppurative.

Treatment : The general treatment is like general fever. Some antipyretic medicines like Hinguleshwar, Mrityunjaya or Tribhuvanakirtirasa may be administered to bring down the temperature. Special arrangement for subsiding the swelling should be done. For this Archālepa and Gandha-viroja lepa are very efficacious. After applying

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these medicine the inflamed part should be covered with absorbent cotton and bandaged. As far as possible it should be protected from getting suppurated. After suppuration, the surgical method has to be adopted. It should be open and cleaned and carefully dressed. The patient should be given always liquid diet to avoid mastication which exerts the inflamed part.

Granthi Jwara (Glandular fever).

This is a type of fever due to some virus infection which breaks in an epidemic form. The onset of fever is sudden with vomiting which rises upto 101° to 103° F. The rise of temperature is always accompanied with the inflammation of the glands of throat-tonsillitis etc. The rise of temperature is with rigour. The eruption on the body is seen in the first week and then inflammation of the various glands of the body. The temperature persists for two to three weeks.

Treatment : Treatment is generally symptomatic. The patient should be given light, easily digestible and nutritive liquid food. Milk and fruit juice are necessary. All those medicines prescribed for Vishama Jwaras can be used as and when required.

Granthika Jawra (Plague).

This is most infectious fever which breaks in an epidemic form. The infection is supposed to be by the bite of pestis plague which are conveyed by rats. There is sudden rise of temperature upto 103° to 105° F. with the inflammation of glands of the body. There is severe bodyache, rigour and depression in the patient along with uneasiness. Thirst, delirium, sleeplessness, comatose state, complicates the fever. Generally glands of axila, ingunal and maxillary glands are involved. This is of two kinds viz. (i) Bubonic and (ii) Pneumonic.

Treatment : No specific treatment. All those treatments described for Sannipāta Jwara can be given. Some pain relieving measures can be used.

Prishajjwara (Typhus fever)

This is a kind of acute infective fever caused by the bite of louses. It is called louse fever also. In Āyurveda it is described as Yuka and Liksha Dansaja Jwara. This fever is generally seen in hilly tracts where the people seldom bath and do not keep their linen clean. The incu-

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bation period of this fever is between 5 to 20 days. In early stage the patient feels depressed and lethargic with bodyache. The temperature rises with rigour upto 103° to 104° F. Sometime there is vomiting also. The face of the patient is flushed and eyes become red. The tongue is coated and there is bad smell in respiratory air. Headache and cough is a constant feature.

Treatment : To prevent this disease, one should avoid dirty living. He must keep his linens very clean. The dwelling place must be carefully disinfected by insecticides like phenol or turpentine oil or Nimba Patra smokes. One should be very particular to keep the place neat and clean. The treatment should be adopted like that of Āntrika Sannipāta Jwara (Typhoid fever).

Musika-dansaja-Jwara (Rat bite fevers.)

This fever is caused by rat bite. This fever is not produced immediately after rat bite. It takes time to manifest fever, therefore in Āyurveda it has been included among 'Dushivisha Vikaras.' The fever persists for a longer time. It is not a fatal disease.

Signs and Symptoms : There is redness at the site of bite along with fever and rashes on the skin. The patient becomes pale and does not like to eat anything. He feels horripilation. In this fever the patients gland of the various part of the body are also swelled. The temperature rises with rigour. The patient complains of pains in joints, bodyache and fits. Sometimes septicaemia is also seen in this type of fever.

There are description of 18 kinds of rats in Āyurvedic literature. (For detail refer to Agadatantra-Sushruta).

Treatment : The patients' bowels must be cleaned with 'Asavakan chunki Rasa' which is laxative and antipyretic. 'Maha-Agad' described in Sushruta should be used. Brihat Yogarāja Guggula is also effective in this fever. A specific medicine 'Ākhu Vishāntaka Rasa' is very good for this.

Pidakāmaya Jwaras (Eruptive fever)

These eruptive fevers being due to virus infection, they have been included among Vishama Jwaras. The following are among eruptive fevers :-

(1) Masurikā (Variola).
(2) Brihanmasurikā (Small Pox or Variola Major).

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(3) Laghu masurikā (Variola minor or chicken pox).
(4) Krit masurikā (Innoculated Pox).
(5) Romāntikā (Measles).
(6) Aruna Jwara (Scarlet fever).
(7) Visarpa (Erysipelus)
(8) Visphotaka (Pemphigus)

Brihan-masurika (Small Pox).

Signs and symptoms : It is highly contagious and infectious fever. The incubation period is 10 to 12 days. In the early stage there is a fever with rigour and severe headache. After 3rd day of the fever, the pimples on the skin are manifested. These are in the beginning very tiny and red. The temperature rises with pain in the back and loin. The face of the patient is flushed and brown and tongue coated. The temperature rises upto 101° to 104° F. The patient feels much weak. Sometimes there are complications like delirium and coma. The temperature comes down after eruptions are manifested. In some cases eruption appears on the 4th day. The following chart will give a differential sign and symptom of small pox and chicken pox.

	Brihan-masurika (Small Pox)	Laghu-masurika (Chicken pox).
Age —	In any age	mostly children
Pain —	Acute, fierce and depressed.	mild
Prodromata —	for 2-3 days very acute; very high temperature. headache & vomiting.	generally mild.
Site of eruption.	Certain and on the abdomen and chest mostly.	Not sure, chest and arms mostly.
Manifestation of eruption.	3rd or fourth day.	Ist day.

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Fever etc. and shape and size of eruption.	Fall of temperature with the manifestation of eruption gradually.	Increase of temperature with the manifestation of eruption, within 4 days eruptions are manifested.
Ist appearance.	Forehead, forearm and wrist mostly.	Chest and abdomen mostly.
Effective parts and shape of eruption.	Extensor part of the muscles mostly Intra-dermal, deep and after 3 days the pimples become bulous.	Contractor part of the muscles mainly superficial and after a few hours the eruption becomes bulous.
Nuclious formation in the eruption and shape.	Present Circular	No Oval.
Suppuration.	7th or 8th day	Within 4 days.
Crust forming	Yes Visible.	Not or rare
Recurrence of fever.	Yes and very effective.	No or rare.

Prophylactic treatment : During an epidemic of small pox, the physician should advise the people to keep their bowels clean by taking some laxatives. The use of salt should be reduced as far as possible. Bowels should not be allowed to constipate. Powder of liquorice root (yastimadhu) in doses of 30 to 45 gr. should be given daily as a routine. The mixture of the powder of tamarind seeds and turmeric in doses of 25 grs. should be given twice daily. Water boiled with Nimba leaves, Cassia occidentalis (Kasmarda), Ushira (Khus Khus grass), Sandal wood and Fagonia Cretica (Dhamāsā) should be used for bathing. The best prophylactic or preventive treatment is vaccination.

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Treatment after attack : To reduce the intensity of the attack the patient should be given either the decoction of the root of Asparagus recemosus (Shatávari) or the juice of the leaves of Badari (Jujufa tree-Bera). The compound powder of ginger (Shunthi), black pepper (Maricha) and long pepper (Pippali), mixed with the juice of the leaves of the Puti Karanja (Bonduc nut) has been found very efficacious. It is to be given as soon as the first symptoms of small pox are visible. The patient after attack must be hospitalized in a special ward meant for this purpose. Quarrantine should be enforced. Perfect rest in a neat and clean sterilised bed of very soft mattress is essential. Linens to be used must be very soft. Medicine should be administered to maintain the heart. For this 'Muktā Bhasma or Pishti' is very efficacious. Some medicines to relieve the patient from headache and pain should be given. 'Angamarda-prasamaka-Kvātha' and 'Vedanāntaka-rasa' may be used for this. Foam prepared from Nimba leaf juice should be applied to keep it free from any other infection.

Some hypnotic or sedative medicines may be used to relieve the patient from uneasiness and sleeplessness. Masuri-kāntaka Rasa, Elādyarishta and Shitalāntaka vati may be used as a curative remedy.

In the initial stage when there is high fever, some antipyretic medicine may be given to bring down the temperature. For this Godanti-misrana, Rasādi Vati, Durālabhādi Kvātha and Patolādi Kvātha may be used as and when required. Eyes of the patient should be protected carefully. 'Nimbādi Anjana' is used successfully for this. To save the skin from complication due to virulence of eruption Nimba water or application of the foam prepared from Nimb-leaf juice have been recommended. Sandalwood paste or oil is also beneficial. It relieves the burning sensation and soothes the skin. If there are eruptions in the mouth and throat, a gargle prepared of the decoctions of Āmalaki and Madhuyasthi (Embelica and Glycorrhiza glabra) should be given. 'Bhunimbādi' decoction is very efficacious to relieve the patient from burning sensation and fever. During the time of suppuration of the eruption care should be taken to avoid scratching. After the pus is dried and crusts are forming, there is severe itching and therefore patient should be warned not to scratch. Crusts carry the infection, therefore scaled out crust should be thrown out to a place far away from residence or should be burnt.

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Treatment of chicken pox : There is no specific prophylactic treatment of chicken pox. Treatment of chicken pox is just like that of small pox. In this there is severe itching and therefore care should be taken to avoid scratching. Some antipruritic lotion or liniment may be used to relieve the itching sensation. For this Nimba taila or Chandanādi taila may be used.

Measles (Romāntikā).

Minute pimples along the hairfollicles with fever is termed as a Romāntika or measles. In this cough, anorexia, burning sensation in the body and thirst are accompanied with fever. This generally outbreaks during spring and winter season. It spreads over the whole body. All hair follicles are covered with red pimples. This is also supposed to be due to virus infection.

Signs and symptoms: In the early stage of this disease the patient gets cold and coryza with fever. His eyes become red. Dislike for food, fatigue, cough and sometimes loose motions are gradually seen in this fever. Third or fourth day generally whole body is covered with minute red pimples. This persists for 3 or 4 days and then gradually temperature comes down to normal and other complications also subside. The toxin spreads and lungs are involved in the end. In absence of proper treatment complications like stouper, depression and coma starts and the patient dies. When there are red spots over the body along with haemoptysis or blood in stools i.e. haemorrhage per rectum then it proves fatal.

Treatment

Prophylactic : The bowels of the child should be kept open and not allowed to get constipated. He should be protected from exposure to direct sun. Powdered Liquorice root (Yastimadhu churna) should be given in small quantity every day. Coconut water and sour sweet drinks should be given to the child. One of the following preparations is very efficacious to be administered to the child every day :—

(i) The infusion (Phānta) of Nimba leaves, cumins seeds (Jeeraka), and sugar.

(ii) The infusion of black resins (Drākshā) coriander seeds (Dhanyaka), and Chiraita leaves. This infusion is to be given in morning preferably.

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(iii) The powder of equal parts of tamarind seeds and turmeric (Chincha beeja and Haridrā) in doses of 6 grs. with honey.

(iv) The Swarasa (Juice) of Adhatoda Vasica (vāsā) in does of 1 teaspoonful with 10 grs. of liquorice root powder.

The following treatments are recommended in case of infections :-

(i) The patient suffering from Romāntika (measles) is advised to be given a drink prepared of the compound decoction of Catechu (Khadira), Triphala, Nimba bark, Potola Patra (leaves of trichosanthes dioca), Guduchi (Tinspora Cordifolia), and Adhatoda Vasica.

(ii) The paste made out of the root of wild turmuric (Vanaharidrā), Centratherum anthel-menticus (Somaraji), Bavachi seeds, embelic myrobalum and the seeds of Cassia tora (Chakra-marda), is a very useful local application. It soothes the skin and relieves the irritation and the burning sensation of the skin. The paste is made by macerating together the above ingredients after they have been soaked in cow's urine.

The prognosis of measles except in children is not bad. It is not seen in a child of less than six months. A vaccine has been prepared to protect from it. The patient suffering from this disease should be kept in a ventilated place where there is no direct access of sun. He should be kept away from a patient suffering from ordinary fever. The treatment is symptomatic like that of fever. 'Tribhuvana kirti Rasa', Brihat Kasturi Bhairava are successfully used as and when required.

Aruna Jwara (Scarlet fever).

We get the description of Aruna Jwara in old Ayurvedic texts and Atharva veda as well. In this fever the entire body becomes red due to eruptions like red spots. It is mostly seen in children of the age below ten years.

Signs and symptoms : In early stage the patient gets tonsilitis (inflammation of the throat glands). Sometimes in absence of proper and timely treatment ulceration and suppuration are seen in throat glands. If the spread of its infection is not arrested timely the infection may spread to eustachian tube and other parts of the adjoining organs. It is of four kinds viz.—(i) general, (ii) modified, (iii) septic and (iv) toxic.

Treatment : This also is an infectious disease, care should be taken to save other members of the family from its infection. The patient

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must be kept in perfect rest in a bed in a very neat and clean place. To relieve the patient from fever, Tribhuvana kirti and Kasturi Bhairava may be used.

Visarpa (Erysipelas).

This is also an infectious fever in which there are eruptions on the skin of spreading nature. 8 types of Visarpas have been described in Ayurvedic texts viz.—(i) Vātaja, (2) Pittaja, (3) Kaphaja, (4) Sannipātaja, (5) Agnika, (6) Kardama, (7) Granthika and (8) Kshataja Visarpas.

Signs and symptoms : In Vataja Visarpa, all those symptoms described for Vataja Jwara along with eruptions (inflammation) on the skin are found. Similarly in Pittaja and Kaphaja Visarpa all symptoms of Pittaja and Kaphaja Jwaras are seen respectively. The eruptions in Pittaja Visarpa are red and with more burning sensation and of rapid spreading nature. In Kaphaja the eruptions are whitish red with more itching sensation. In Sannipātaja all the symptoms of Tridoshaja Jwara are seen and the eruptions are of mixed nature. In Agnika Visarpa the temperature is very high and complications are of acute nature. The patient feels that his whole body is being burnt by flame of the fire and the eruptions are like blisters. In Granthika Visarpa—there are hard nodules in the eruption with acute pain and fever. The patient generally complains of cough, breathing trouble, loose stools, dryness of the mouth, bodyache etc. Kardama Visarpa is due to Kapha and Pitta. The eruptions are yellow-red or brown and suppurative. Other symptoms are stiffness of the body, headache, sluggishness of the part of the body, sleepy, anorexia, vertigo, loss of appetite, etc. Kshataja Visarpa is caused by some trauma. There is pain and burning sensation in the eruptions along with fever.

Prognosis : Vataja, Pittaja and Kaphaja, Visarpas are curable. Sannipataja Visarpa is incurable. Agnika, Granthika and Kardama Visarpas are very difficult to cure. If these are also accompanied with complications, they become incurable. Kshataja Visarpa is curable if there are no complication. This is generally seen on face and scalp. The special site of this disease is above the neck. It generally effects the external layers of the skin. The effected part of the body becomes bright, red and hard. The edges of the inflammation or swelling are

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visible. Because of the inflammation of the part of the body in this disease, the effected area becomes tender and hot to touch with pain.

Treatment : Ayurveda prescribes emesis (Vamana) in kaphaja Visarpa rogas to eliminate morbid kapha of the body which is one of the root cause. After Vamana some medicine prepared of Tiktarasa (Bitter) is desirable. In pittaja visarpa blood leting and purgative have been recommended. There are many lepas prescribed for various types of Visarpas.

The pastes or poultices or juices of the following drugs are applied locally over the effected parts :-

(i) The bruised leaves of Portulacea oleracea (Kulfa).

(ii) The flower of wood-fordia fruticosa (Dhātaki) macerated with milk.

(iii) Dry raddish (Muli) Paste.

(iv) Bark of Pongamia pinnata (Karanja).

(v) Swarasa or juice of the leaves of Cassia fistula (Āragvadha).

(vi) Leaves of Tinspora cordifolia (Guduchi) macerated with milk and made paste.

(vii) The mixture of Sandalwood oil and borax (Tankana) is very effective local application.

Veni-section (Sira moksha) has been supposed to be the best treatment in this disease. Muktā-Pishti, PrabālaPishti, Guduchi Satva, Pirojā Bhasma, Kālāgnirudra rasa, Khadirārishta, and Sārivadyarishta, have been recommended to be administered as and when required. (For detail refer Appendix).

For external application : Māmsyādi Lepa, Nishādi lepa and Visarpahara Taila are recommended. Patolādi Kvātha and Elādy-arishta are also very efficacious.

Vishpotaka

This is a type of fever in which there are bulous eruptions on the skin like blister with fever due to the vitiation of skin by provoked pitta and Raktagata vāyu. This is seen in either any one part of the body or sometimes entire body. The patient complains of headache, bodyache, thirst, pain in small joints, and burning sensation. The bulous eruptions

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are hard, painful and suppurative. According to the association of vitiated Doshas, the signs and symptoms vary.

Treatment : According to Sushruta the treatment of Visphota is like that of Pittaja Visarpa. Some Ghrita preparation is to be administered internally to pacify provoked Pitta. Vamana and Virechana as and when required are also recommended. There should be proper arrangements for diet. A decoction prepared of Dasamula, Devadaru, Ushira, Yavasa, Guduchi, Dhānyaka and Mustaka should be given in doses of 1 to 2 ozs twice or thrice daily. Mahātikta Ghrita is an efficacious medicine for this. For external application, Sveta Karavirādya Taila and Marichādi Taila are prescribed.

Jwaratisara (fever with diarrhoea).

The two main symptoms fever and diarrhoea constitute this disease. Inspite of the fact that there are fever where diarrhoea is also a symptom like pitta Jwara, Pittolvana Sannipāta Jwara, Pitta Kapholbana Sannipāta Jwara, Āntrika Sannipāta Jwara etc. still for the convenience of the treatment Jwarātisāra has been considered as a separate disease on the basis of the main symptoms fever and diarrhoea (Jwara and Atisāra).

Treatment : Antipyretic or febrifuge and sedative medicines are recommended in this fever. The specific medicines are Ānanda Bhairava Rasa, Agni Kumāra Rasa, Sidha Prāneswara Rasa and Kanaka Sundara Rasa are recommended in this fever to be administered as and when required.

Prasuti Jwara (Puerperal fever).

Sushruta while mentioning various types of fever (Jwara) has mentioned Prasuti Jwara also. This fever is found in a lady who has delivered a child i.e. a fever found after child birth. In this fever there is rapid haemolysis and therefore the patient becomes very weak. Madhavāchārya has allotted a separate chapter on this disease. This is due to improver management of a lady after child birth. In this fever the patients get Atisāra (diarrhoea) bodyache, oedima, tympanitis, cough, and weakness along with fever. She always complains of burning sensation in hands and feet. The signs and symptoms depend on the asso-

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ciated provoked Doshas. An average period for the occurrence of this fever is within 21 days after child birth.

Kāshyapa has described Vātaja, Pittaja, Kaphaja, Sannipātaja and Stanyāgamotha Prasuti Jwara (milk fever). This milk fever generally appears on the third or fourth day after delivery.

Treatment : Nidāna Parivarjana i.e. removal of the causative factors is the first treatment. The patient should be kept in perfect rest in bed arranged in a ventilated room free from moisture, cold and dust. Arrangement should be made to provide nutritive, easily digestible, preferably liquid food. Milk and fruit juice should be given. Antipyretic and haemetinic medicines should be prescribed. Sometimes there are many complications which require immediate attention. Dipana and Pāchana (Carminative) medicines should be prescribed along with antipyretic medicine. The following medicines are recommended to be given as and when required :—

(1) Dasamoola Kvātha, (2) Amritādi Kvātha, (3) Devadārvyādi Kvātha, (4) Saubhāgya Sunthi, (5) Jeerakādi modaka, (6) Sutikā Vinoda rasa, (7) Saubhāgya Vati, (8) Pratāpa Lankeswar Rasa, (9) Sutasekhara Rasa, (10) Dasamulārishta, (11) Jeerakādyarishta, (12) Dhatyakyādi Taila, (13) Sutikā Dashamula Taila.

In Stanyagamotha Sutika Jwara—Proper arrangement for nursing should be made. The treatments are symptomatic. Generally the fever subsides without any specific treatment after the milk is produced. (For detail refer appendix).

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CHAPTER III

DISEASES OF THE DIGESTIVE SYSTEM

Ajeerna (Indigestion or Dyspepsia)

The literal meaning of Ajeerna is indigestion or no digestion. Digestion is performed by various digestive juices (Pāchaka rasas) which in Āyurvedic literature are termed as Pāchaka Pittas or Pāchakāgnis. In modern terminology they are called enzymes. Thus the Ajeerna is caused due to the deficient functioning of the Pāchaka Pittas or Rasas or digestive juices. This state of Agni or Pāchakagni is called Mandāgni. Therefore Mandāgni is responsible for Ajeerna.

Concept of Agni in Āyurveda : The theory of digestion in Āyurveda is based on its concept of Pāchaka Pitta. The term Pitta does not stand for the liver bile as is generally believed. The 'Pitta' is responsible for the generation of heat (Tap-Samtāpe), burning the food ingested, (Tap-Dāhe) and to make one achieve animādi power (Tap-Aiswarye). It is seen that in Āyurvedic literature 'Pitta' is compared to 'Agni' or fire. This comparision is based on the fact that its action in the body is to perform 'Pāka' cooking of the food which is identical to the function of Agni. This is specially found in the description of Pāchaka Pitta. This is why it is also called Pāchakāgni.

'Pāchaka Pitta' is one of the five Pittas responsible for the digestion of food ingested. Thus Pāchaka Pitta is indicative of all digestive juices or the enzymes which perform the function of digestion in the various parts of the digestive tract. The qualitative and quantitative deficiency of the digestive juices is termed in Āyurvedic text as Mandāgni (deficient digestive fire). This means that Mandāgni is indicative of the qualitative and quantitative deficiency of all digestive juices or enzymes. It is said earlier that the Mandāgni is responsible for Ajeerna. This Ajeerna in Āyurveda has been classified under following heads according to the association of Doshas and the condition of indigestion :—

(1) Āmājeerna—Caused by Kapha.
(2) Vishtabhājeerna—caused by Vāta.

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(3) Vidagadhājeerna—caused by Pitta.
(4) Rasaseshājeerna—caused by residual indigestion of Annarasa.
(5) Vishājeerna—caused by the toxic condition of food ingested.

Signs and symptoms of *Āmājeerna*: Swelling over the face around the eyes and on cheek, feeling of heaviness on the area of stomach as if he has taken his food immediately, eructation with smell of the food ingested, salivation and vomiting tendency are the signs and symptoms of Āmājeerna.

Vishtabdhājeerna : Piercing or throbing pain over the stomach, tympanitis and retention of gas and stool in the bowels (constipation), stiffness over the abdomen, pain and movement of accumulated gas in the bowels along with other Vātaja symptoms are found in Vishtabdhājeerna.

Vidagdhājeerna : Sour eructation and feeling of smoke in the mouth, thirst, giddiness, burning sensation over chest and abdomen, and perspiration along with other symptoms of Pitta are seen in Vidagdhājeerna.

Rasaseshājeerna : Inspite of normal eructation in Rasaseshājeerna the patient does not feel happy and he has no desire to take food. He feels heaviness over the chest and abdomen. The patient complains of wateriness in the mouth.

Treatment : According to Sushruta Langhanam (Fasting) is the first treatment in Āmājeerna, Vamana (Emesis) in Vidagdhājeerna, arrangement of suitable diet and sudation (Svedana) in Vishtabdhājeerna and arrangement for a good sleep in Rasaseshājeerna. Then a physician should administer some Dipana and Pāchana medicine to help proper digestion. For this the following medicine may be used as and when required :

(i) Bhāskara Lavana, (ii) Vadavānala Churna and (iii) Agnimukha Churna are Very effication. Satapuspā (Anisi) Ajawaina (Ptyachotis) Lavanārdraka (ginger with salt) and fried Jeeraka (Carum) may be used singly to improve the digestive power. In Āmājeerna—'Chitrakādi Vati' is a specific medicine. In Vidagdhājeerna 'Ashtānga Lavana' is specific treatment and in Vishtabdhājeerna 'Hingvastak Churna' is very efficacious, 'Lasunādi Vati' also successfully used in it. In Rasasheshā-

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jeerna 'Agnitundi Vati' and 'Kravyādarasa' are used successfully. (For detail refer appendix).

The following medicines are also recommended in various types of Ajeernas :—

(1) Agnikumāra Rasa, (2) Sanjiwani Vati, (3) Ajeerna Kantaka Rasa, (4) Agni Sandipana Rasa, (5) Gandhaka Vati, (6) Ajamodādi Churna and (7) Chavikāsava.

Some house-hold remedies for indigestion and dyspepsia.

(1) Cinnamon, ginger, and Cardamoms—10 grs. each taken together and made powder is very useful for reief of indigestion or dyspepsia.

(2) The Chutney made of Podina (mint) dry dates, Marich (black pepper), Saindhava (Rock salt), fried asafoetida (Shudha Hingu), black resins (Monaka) and Cumin seeds (Jiraka) with lemon juice is very good for improving the digestive power and appetite. It removes the distaste or dislike of food also.

(3) The mixture of equal parts of green ginger, lemon juice, rock salt taken before meals gives relief in indigestion and creates appetite.

(4) Omum seeds (Yavani) with Sarjikshara (Sodi by carb) in doses of 10 to 15 grs. is very useful in giving relief in indigestion stomachache, colic and bileousness.

(5) Panchakola Churna which contains Pippali (long pepper) Pippalimoola (root of long pepper) Chavya (piper chavya) Chitraka (Plumbago zylanica) and Sunthi (ginger) is a very good carminative and appetiser.

Dose : 15 to 20 grs.

Aruchi (Anorexia)

Anorexia or Aruchi is loss or deficiency of appetite for food. This may be either due to indigestion or some mental causes like hysterical aversion to food leading to atrophy of stomach. In this the patient does not like to eat and gets bad taste in mouth. In Āyurvedic texts this (Arochaka) has been dealt in a separate chapter and as an independent disease as well. There are descriptions of five kinds of Arochakas viz. (i) Vātaja, (ii) Pittaja, (iii) Kaphaja, (iv) Āgantuja and

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(v) Tridoshaja. The following table will give a demarcating picture of these Arochakas :—

Vātaja	Pittaja	Kaphaja	Tridoshaja	Āgantuja
Parihrista-danta and Kashāya-vaktra Hrichhula & Pida.	Virasa-mukhatā Putimukhatā Trid, Dāha & Chosha.	Lavana-Mādhurya-Paichhiiya-Mukhatā & Daurgan-dhya, Praseka	Aneka-rasata Bahu-rujam	Avikrita-rasata Manso-vyākula-tvam.

Aruchi—dislike for food is a common symptom in all types of anorexia. Stringent taste (Kashaya rasata) in mouth and pain in the area of cardiac orfice of the stomach in Vātaja; distaste and putrified taste (Virasa and Puti) in mouth, thirst burning sensation and heat in the mouth in Pittaja; saltish Sweet taste in mouth with viscidness and bad odour with salivation in Kaphaja and Normal taste but uneasiness in Āgantuja Arochaka are the deciding factors.

Treatment : The first treatment is to remove the cause of anorexia. The patient should be given such medicine which is appetiser, creative of desire to eat and carminative (Rochana, Dipana and Pāchana). For this (i) fresh green ginger with salt (rock salt) is very good if taken before the meal (ii) the juice of ginger with honey is also very efficacious (iii) the mixture of Pomeogranate juice, rock salt and honey kept in the mouth for sometime and slowly swallowed removes the bad taste of the mouth and corrects appetite, (iv) The mixture of coriander seeds (Dhānyaka) Cardamom and black pepper powder together and taken with sugar and ghee creates appetite. (v) The pill made of the mixture of equal parts of ginger, black pepper, the pulp of wood apple (Kapitha) and honey kept in mouth and slowly swallowed creates appetite. (vi) Gargle of any of the followings decoction is very efficacious in removing the bad taste of the mouth and in creating appetite:

(*a*) The compound decoction of cinnamon bark, cardamom, tubercles of the nut grass (Mustaka) and coriander.

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(*b*) The compound decoction of long pepper (Pippali) and cubebs (Kabāb-chini).

(*c*) The compound decoction of Berberis Asiatica (Dāru haridrā), Cinnamoms barks and Cumum (Yavani) seeds.

(vii) The following medicines have been recommended to be used as and when required :—

(*a*) Drākshādi gutikā, (*b*) Rochaka gutikā, (*c*) Jambira Lavan Vati (*d*) Shukti pishti, (*e*) Swadista monaka, (*f*) Kshudhākari Vati.

Atyagni or Tikshnāgni or Bhasmaka

This is a disease in which patients get abnormal increase of appetite. In this the patients eat too much due to increase of digestive fire. Inspite of eating too much the patients get emaciated. The condition described as Atyagni is reminiscent of an analogous condition described in modern medicine as hyper-metabolism, usually associated with hyper-thyroxin. Inspite of gluttonus eating, so much of food is burnt that the body weight may decrease, the subject is constantly emaciating.

Treatment : (1) The powder of Trivrit moola (root of Turpetha-Nishotha) taken with sugar and milk is very efficacious in checking abnormal appetite, (ii) the inner bark of the stem of the Jujub tree (Bera or Badari) or the kernel of the seeds given with water regulates appetite, (iii) The Swarasa (Juice) of the root of Vidarikanda (Ipomea digitata) is given with milk and ghee to check insatiable appetite, (iv) ripe plantains taken with ghee are a cure for this disease, (v) the gruel meals of the seeds of Apāmārga (Achyranthus aspera) with milk is a very good remedy.

Agnimandya (Loss of appetite)

Agnimāndya literary means deficient digestive fire i.e. deficiency of the function of Pāchaka Pitta or Jatharāgni or abdominal fire responsible for digestion. The result of this deficient digestive fire is indigestion as told earlier.

Treatment : Medicines which ignate the digestive fire should be given. Such medicines in Āyurvedic term are called Dipana dravyas. The following drugs are dipana :—

(1) Shatapuspa (Anisi) (2) Chitraka (Plumbago Zeylanica) (3) Jiraka (Carum) (4) Krishna Jiraka (black cumin) (5) Maricha (black pepper)

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etc. These can be used singly or mixed as and when required. Jambira Lavana Vati, Lavana Bhāskara, Satapatryādi Churna, Vid-lavanadi Vati are recommended.

Vishamāgni

This is an irregular state of digestive fire when the ingested food is sometimes properly digested, sometimes improperly or sometimes not digested. The patient suffering from this state of Agni gets distension of bowels, accumulation of gas in abdomen, flatulence, uneasiness etc. This is supposed to be due to the provocation of Vāyu in the alimentary tract causing irregular functioning of Pāchakagni.

Treatment : The main treatment in this condition is to bring the Vāyu or Vāta in its normal condition and administer such medicine that can help digestion. The Vātānulomana, Dipana and Pāchana drugs should be given. For this the following medicines are very efficacious :—

(1) *Hingwastaka churna* : It is Vātānuloman (brings the Vāta in its normal condition). It increases the appetite and cures flatulence, costiveness, dyspepsia, distention of the bowels due to detention of wind in the intestines.

Dose : 15 to 30 grs.

(2) *Rasonādi Vati* : It mitigates wind in stomach due to indigestion. It is very good Carminative (Dipana, Pāchana and Vātānulomana). It improves the appetitite and digestion.

Dose : 1 to 2 pills.

(3) *Vid-lavanādivati* : It is Vātānulomana, Dipana and Pāchana. It cures the flatulence and mitigates the accumulation of wind in the bowels.

Dose : 1 to 2 pills with warm water.

(4) *Samasarkara Churna* : It is Dipana Pāchana and Vātānulomana It improves appetite and digestion.

Atisāra (Diarrhoea)

The literal meaning of term 'Atisāra' is flowing out in excess of loose stools from the bowels (Ati = excess, Saran = flowing out). Diarrhoea is loose and frequent evacuation of the bowels. Technically Atisāra

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is a condition in which a patient passes frequent loose stools in larger quantity.

This condition may be due to so many causes. Some of them are as follows :—(1) Indigestion, (2) food poisoning, (3) toxin, (4) infected water, (5) Inflammation of the mucus membrane of intestine, (6) Intestinal worms, (7) irritations of intestinal mucus membrane, etc. Āyurveda describes six types of clinically classified Atisāras viz.—(i) Vātaja (ii) Pittaja (iii) Kaphaja (iv) Tridoshaja (v) Shokaja and (vi) Āmaja. Some Acharyas have described Bhayaja in place of Āmaja The signs and symptoms of these Atisāras have been described.

Vātaja Atisāra : In Vātaja Atisāra the frequency is more than other, though the quantity is lesser than other. The patient passes stool with sound and pain and the stool is foamy, viscous and liquid. The patient feels the movement of gas in bowels with sound. He gets pain in loin, thigh, knees and back at the time of passing stool. He complains of dryness of mouth. The colour of the stool is generally brown.

Pittaja Atisāra : The patient passes loose stool (liquid) of yellow and reddish colour with burning sensation in the bowels. The stool is hot and like flesh water with bad smell. The Patient is thirsty and feels dryness of the mouth. There is burning sensation in the rectum and sometimes it gets sored.

Kaphaja Atisāra—The stool of the patient suffering from Kaphaja Atisāra is more viscous and slimy full of mucus and of white colour. The frequency is less than other but quantity is more. The patient complains of heaviness over the abdomen and rectal area. The patient feels sleepy and is lethargic.

Tridoshaja Atisāra—All signs and symptoms of Vātaja, Pittaja and Kaphaja may be seen in Tridoshaja Atisāra in severe degree.

Bhayaja and Shokaja Atisāra : Bhaya (fear) and Shoka (sorrow) both are mental disorders. Generally the signs and symptoms of Tridoshaja are manifested according to the degree of Bhaya (fear) and Shoka (sorrow). Sometimes there is haemorrhage (intestinal) and therefore patient passes blood in stools. There is very offensive smell in the stool of the patients.

Āmaja Atisāra : This is generally due to either indigestion of the ingested food or Āmadosha produced by indigestion. Frequency of

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loose stools with signs and symptoms of Āmadosha are demarcating lines from other Atisāras.

Treatment—In treatment of Atisāra as a general the consideration of Āmāvasthā (imature state) and Pakvāvasthā (matured state) is very important rather essential. The following is the tests for Sāma and Nirāma or Pakvātisara :—When the stool of the patient put in a tub full of water plunges, the stool is Sāma (with Āma) and when it floats it is Nirāma (digested or without Āma). The other constitutional symptoms are—the feeling of the heaviness in the body and weakness, distention and flatulence of the abdomen, watering in the mouth, letharginess are indicative of Āmadoshas or Sāmātisāra. In Sāmātisāra or imature stageof Atisāra the patient should be given Langhana (no food) and some Pāchana Ausadhas. In the beginning or Āmāvasthā of any Atisāra grāhi (sedative) medicine is forbidden. The physician should try to give some medicine in the beginning to eleminate the accumulated doshas. For this the physician should allow to pass stools as much as may not create.any complication and then administer manda or Yavag uwith some Pāchana Aushadas (medicated gruels). Black pepper, rock salt, nut grass may be given. (ii) Black-pepper, ginger,coriander, ptyachotis, haritaki (Terminilia Chebula) may be used for preparing gruels. (iii) Nāgarādi Kvātha, (iv) Dhānya-Panchakakvātha, (v) Shivākshāra Pāchana (vi) Lavana Bhāskara (vii) Pathādi churna (viii) Rasonadi vati are recommended.

In Vātātisara : (i) Panchamula-sidha-takra, and (ii) Pathyādi Kvātha are very efficacious. (iii) Agasti-sutarāja rasa and (iv) Kanaka Sundara rasa are successfully used.

In Pittālisāra: (i) Ati-vishādi Churna, (ii) Madhukādi Churna (iii) Vilvādi Kvāhtha are specific medicines. (iv) Shankhodara rasa (v) Khattikadi Churna, (vi) Pravāla Panchāmrita and (vii) Sutasekhara are successfully used.

In Kaphātisāra : (i) Chavyādi Kvātha, (ii) Pāthādi Churna, (iii) Hinguādi churna, (iv) Lokanāth rasa and (v) Lakshmi vilas rasa are recommended to be used as and when required.

(1) *Babbulārista*—is very good is acute and chronic diarrhoea.

(2) *Mustakārista*—is very efficacious in diarrhoea and dyspepsia. It removes tympanites and is stringent and soothing.

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(3) *Gangādhara churna*—is a very good remedy for diarrhoea and other disorder of bowels with loose stools.

(4) *Bhuvaneshwara rasa*—is used successfully in diarrhoea, dysentry, sprue and indigestion.

(5) *Gangādhara Rasa*—is a reputed medicine for diarrhoea. It is gastric stimulant and stringent.

(6) *Karpoora Rasa*—is a famous and specific medicine for diarrhoea.

(7) *Pāsupata rasa*—removes indigestion, loss of appetite, diarrhoea, and stimulates the digestive power.

Some hoose-hold remedies for diarrhoea—(1) Isapaghul is one of the best known household remedies in chronic diarrhoea and dysenty.

(ii) The paste made of the roots of the tamarind treewith water and powdered black pepper is given with honey in diarrhoea.

(iii) The finely powdered flowers of wood fordia fruiticosa (Dhataki) are given in doses of 40 to 50 grs. with honey in diarrhoea.

(iv) Hansapadi (Maiden hair fern) is very efficacious even when other medicines have failed to cure diarrhoea in does of 30 grs. of the powder made of it.

Bālātisāra (Children diarrhoea).

This is a special type of diarrhoea which is seen only in children. Diarrhoea as a symptom is seen in any other diseases of children also such as Fakkaroga, Dantodbheda (at the time of dentition), and in attack of Grahas (Grahagrihita). This will be dealt in the chapter of those diseases. In modern medical text this Bālātisāra has been described as an infantile diarrhoea. Infantile diarrhoea has been dealt with under three main types viz. (i) Acute dyspeptic diarrhoea, (ii) Entero-colitis and (iii) epidemic. In acute dyspeptic diarrhoea the stool is of very offensive (bad) smell. The colour of the stool is yellow in the beginning and later on it becomes green slimmy and like spoiled milk. Sometimes the child gets vomiting also. But this is of very short time. In entero-colitis (Antra pradaha-janya) the colour of the stool is green slimmy mixed with mocus and sometimes with blood stain. There is mild liver enlargment and tympanitis. The signs and symptoms change according to the degree of infection. The epidemic type of diarrhoea is generally

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seen during summer season. There is pain at the time of passing stools, so the children cries. The child suffering from this type of diarrhoea becomes very prostrate and the temperature falls down to sub-normal. If not checked there is dehydration and the patient dies.

Treatment : The physician should try to check the increase of the toxin of the infection first and administer some medicine to relieve the inflammatory condition of the intestine and subside irritation. For this 'Mugdha rasa' (Gray powder) is recommended. 'Mahā Gandhaka rasaina' is a specific medicine in this disease. This is recommended in loose stools diarrhoea and sprue conditions etc. The child should not be given any diet for at least 12 hours. Glucose water or whey may be given if necessary. After 12 or 24 hours arraroot water may be given. Bengal Kino prepared from the stem of the flame of the palasa is given in diarrhoea of children in doses of 5 to 10 grs., with little cinnamon powder 1 to 3grs. The Swarasa of the tender leaves of Jambu is given in goat's milk with a little powder of Cardamons and Cinnamom. The Swarasa (juice) of tender bud of Pomeogranate prepared as Puta-pakva is very efficacious in the diarrhoea of children.

Bālārka Rasa—is a reputed medicine indicated in aggravation of Vāyu and Kapha and in vomiting and diarrhoea among children. The doses are from 1 to 3 grs. (1 pill) according to the age of children.

Bāla Vati—is a very good medicine for diarrhoea in children. It improves the digestive power of children and cures cold, Coryza, vomiting and diarrhoea of children.

Dose : 2 grs. (1 pill) twice or thrice with mother's milk or honey.

Jātiphalādi Churna—is a very efficacious medicine for diarrhoea, sprue, dysentery, spasmodic pain in abdomen, anorexia and indigestion. This is given in doses of 5 to 10 grs. to children and 15 to 30 grs. to adult with water twice or thrice in a day.

Pravāhika or Dysentery

Inflammation of the bowel with evacuation of stool with blood and mucus accompanied by tenismus and colic is called Dysentery. It is called 'Pravāhikā' in Āyurvedic literature because the patient suffering from it has to exert much(Pravāhana) at the time of defaecation. In this

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the patients pass stools frequently with tenismus and pain though the quantity of stool is much less but full of mucus and blood. This is mainly of three types viz. mucous dysentery, amoebic dysentery and bacillary dysentery.

Treatment : Many of the remedies prescribed for the treatment of diarrhoea may be used for the cure of dysentery specially mucus dysentery (i) In dysentery with mucus the seeds of the Mehandi or Hena plant are efficacious. The powdered seeds mixed with ghee are rolled into small balls, each of the size of bettlenut; one ball is given each time twice a day.

(ii) Bael fruit is very efficacious. Half to one drachm of the pulp of the dried fruit is given with Gur (molasses) every four to five hours. The pulp of the unripe fruit mixed with an equal quantity of Sunthi (ginger) in powder form with butter milk is very good remedy for mucous dysentery.

(iii) The compound powder of one part of bael fruit, 2 parts of the bark of Kurchi, one part of fennel seeds (Madhurika or saunfa), one part of chebulic myrobalan (Harada) and 3 parts of sugar is given in doses of 1 to 3 drs. with isapaghul in sub-acute and chronic dysentery with great success.

(iv) The standard preparation of 'Bilva Panchaka' is given as a specific medicine in doses of 20 to 40 grs. in chronic dysentery.

(v) *Vatsakādi Kashāya* : is a very good remedy for amoebic dysentery. It relieves tenismus, colic and mucus and blood in stool very quickly.

Dose : 1 to 2 ozs. thrice or four times a day.

(vi) *Kutaja-ghanavati*—is a specific medicine for amoebic dysentery in doses of 2 to 4 pills three to four times a day with water.

(vii) *Nāgakesharādi churna*—is a sure remedy for bacillary dysentery. It stops the haemorrhage in the intestine and cures dysentery.

Doses : 2-3 mashas (15 to 30 grs) with water twice or thrice a day.

(viii) *Piyushavllirasa* : is an excellent remedy for dysentery, diarrhoea, amoebiasis and sprue.

(ix) *Kutajārishta* : 2 to 4 drachms in a dose to be given after meals cures amoebic and bacillary dysentery. It is given in sub-acute and chronic dysentery. It is stringent and febrifuge as well.

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(x) *Kutaja-avaleha*—is specific medicine for amoebic and bacillary dysentery, irregularity of bowels accompanied with haemorrhage and haemorrhoids.

(xi) *Bhuvneswara Vati*—in doses of 1 to 2 pills twice or thrice a day with butter, milk or water cures diarrhoea and dysentery.

(xii) *Pravāhika-hara vati*—is a very strong medicine for any type of dysentery to be used when other remedies have failed. This contains opium and therefore it is to be used very carefully. (For detail refer Appendix).

Grahani Vikaras

(Chronic gastro-intestinal disorders and sprue syndrome.)

The term 'Grahani' indicates the anato-physiological organ or the parts of the Alimentary tract responsible for the digestion of the food ingested. It is said to be the seat of Agni (digestive fire). Sushruta and Vagbhata have described it as 'sixth Pittadharā Kalā' (Shashti Pittadharā Kalā) situated between the Pakvāshaya and Āmāshaya. In their view, the integrity of Grahani depends upon Agni and the latter is located in the former. Any impairment of Agni, ipsofacto, involves the integrity of Grahani and vice-versa. In Charaka's opinion, Grahani is so called because it receives and retains the food for the duration of its digestion. He further observes that 'the food which has reached Amashaya (the stomach and small intestine) after undergoing digestion, is absorbed and distributed to all Āshayas in the body through Dhamanis. This Pittadharā Kalā, it is obvious, provides the digestive juices, collectively termed as Pāchaka Pitta or Pāchakāgni or Jatharāgni. These juices not only digest the food but also aid the separation of the Sāra (the nutrient fraction) from the Kittabhāga (undigestible food residue). Thus the seat of Agni (digestive fire) is known as Grahani and the structure Grahani is supported by Agni. It retains the food which is still to be digested, while the digested portion of it (the food) is moved down to the Pakvāshaya on either side.

Grāhani Vikāras—means all the disorders of digestion in general and the involvement of the gastro-intestinal tract in particular. The signs and symptoms produced in this disease are all due to the involvement of the digestive fire or Pāchaka juice.

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This is why Charaka has included all the disorders of Agnis (viz. Mandāgni, Vishamāgni and Tikshnāgni) into Grahani Vikāras. So far the disorders pertaining to above mentioned Agnis have been already described in the Chapter of Ajeerna (indigestion). Hereafter 'Grahani roga' proper will be dealt with.

In grahani roga the patient sometimes passes stool digested and sometimes undigested or sometimes mixed digested and undigested because of the weak structure and function of the Grahani. The stool may be liquid, semiliquid and mixed semiliquid and formed. Sometimes symptoms of sprue is resembled i.e. a chronic mal-absorption disorder associated with glossitis, indigestion, weakness, anemia and steotorrhoea are found. The patient sometimes gets constipation for sometime and then diarrhoea or passing of loose stools frequently accompanied with anorexia (Aruchi) deficient digestion (Mandāgni) and other symptoms of indigestion.

Treatment : The main treatment in the grahani roga is to improve the Agni (digestive fire) by some Deepana and Pāchana drugs. Those medicines that have been described for the treatment of Mandāgni and Ajeerna may be used as and when required. Chitrak (Plumbago Zeylanicum) powder in doses of 15 to 30 grs. with butter milk, pippali (long pepper) powder with honey and burnt unripe Bael pulp are very good to cure intestinal disorders.

(i) Long pepper taken according to the method known as Pippali vardhamāna is highly recommended in all kinds of disorders of intestines specially grahani vikāras. The patients in this treatment has to be kept on Takra only (Butter milk).

(ii) The decoction of equal parts of Tinspora cordifolia (guduchi) Ativisha (root Atis), ginger and Mustaka (Tubercle of nut grass) is very efficacious in sprue.

(iii) The gum that exudes from the trunk of Palasa tree (butea frondosa) starting from the dose of 5 grs. to 10 grs. and gradully increasing to 30 grs. is very efficacious in sprue.

(iv) The following medicines (prepared yogas) have been recommended for the treatment of Grahani roga.

(*a*) Vilvādi Churna, (*b*) Jātiphaladi Churna, (*c*) Brihannāyikā churna, (*d*) Mahā gandhaka yoga, (*e*) Nripati-vallabha rasa, (*f*) Grahani-gajendra

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rasa, (*g*) Rasa parpati, (*h*) Panchāmrita Parpati, (*i*) Babbulārishta, (*j*) Mustakārista, (*k*) Grahani-mihira Taila, (*l*) Bhuvneswara rasa, (*m*) Gangadhara rasa, (*n*) Grahani Kapāta rasa, (*o*) Lawangābhraka yoga, (*p*) Lokanātha rasa, (*q*) Dugdha vati, etc.

Vilwādi Churna : is a very good remedy for sprue, chronic dysentery and chronic diarrhoea. It is stringent (grāhi) and soothing to the bowels. It is dipana and Pāchana (appetiser and carminative).

Doses : 1 to 3 Masha (15 to 45 grs.) with water 3 to 4 times a day. In Grahani roga this is successfully used with Rasaparpati.

Jātiphalādi Churna : This is also a very good medicine for sprue, chronic diarrhoea, dysentery and spasmodic pain in abdomen, anorexia and indigestion. It is Dipana, Pāchana and Grāhi.

Dose : 15 to 30 grs. with honey or water 3 to 4 times a day.

Brihannāyikā Churna : It is Dipana, Pāchana and grāhi. This improves the appetite by removing the deficiency of digestive fire (Mandāgni) and is used successfully in Grahani roga.

Dose : 15 to 45 grs. 3 to 4 times a day with butter milk or water.

Mahā Gandhaka Yoga : This is one of the best dipana and Pāchana medicine (appetiser and Carminative). It is a specific medicine for sprue and chronic diarrhoea.

Dose : 1 to 2 pills (of 5 grs.) with the juice of pomeogranate and rice water.

Nripati Vallabha Rasa : It is a renowned medicine for Grahani. It removes Agnimāndya (deficient digestive power) and cures the diseases due to Agnimāndya. It improves the proper function of liver. It cures sprue, dyspepsia, chronic diarrhoea and dysentery.

Dose : 1 to 2 pills of (5 grs.) with butter milk and water.

Grahani Gajendra Rasa : This is a specific medicine for the treatment of Grahani roga. It improves the function of the grahani and gives strength to the Grahani. This is specially used in that type of Grahani which is an out-come of chronic indigestion.

Dose : 1 to 2 pills with water twice or thrice daily.

Rasa Parpati : It is the best medicine for all types of digestive disorders if used properly. When other medicines fail, this gives a wonderful relief to the patients by removing the morbid condition of Grahani.

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It is given in increasing doses starting from 2 grs. gradually raising to 15 grs. In this treatment the patient is kept only on butter milk, milk or fruit juice as and when required.

Panchāmrita Parpati : This is another specific medicine for Grahani specially in chronic type. This is a sure remedy for the cure of chronic diarrhoea (Jeerna Atisāra), chronic gastro-intestinal disorders (grahani), sprue and chronic colitis. This removes anorexia, deficiency of digestive power and anemia due to grahani roga.

Dose : 2 gr. to 5 grs. twice or thrice daily with fried cumin powder (jiraka) and honey followed by milk.

Babbulārishta : This is used in accute and chronic both type of diarrhoea. It is anti-spasmodic and cures the defects of Grahani.

Dose : 2 to 4 drs. after meals.

Mustakādyarista : This is recommended for chronic diarrhoea, dyspepsia, amoebiasis, and tympanitis. It is stringent (grāhi) Dipana (appetiser) and Pāchana (Carminative). It is soothing to the bowels.

Dose : 2 to 4 drs. after meals.

Bhuvaneshwara rasa : is a reputed medicine for diarrhoea, dysentery and sprue. It improves the digestive power because of its dipana and Pāchana properties.

Dose : 1 to 2 pills twice or thrice daily with water.

Gangādhara rasa : is indicated in the sprue and chronic diarrhoea. It is gastric stimulent and stringent.

Dose : 1 to 2 pills twice or thrice daily.

Grahani Kapāta rasa : is a very good remedy for sprue, chronic diarrhoea and other complaints of bowels. It improves appetite and digestive power.

Dose : 1 to 2 pills twice or thrice daily with water.

Lawangābhraka yoga : is a very good medicine for curing the gastric troubles. It is very efficacious in chronic diarrhoea, dysentery and sprue.

Dose : 5 to 10 grs. with water, twice or thrice daily.

Lokanātha rasa : is indicated in chronic diarrhoea, dysentery and sprue. It improves the digestive power and proper functioning of lever.

Dose : 5 to 10 grs. with honey twice or thrice daily.

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Dugdha Vati : is used to cure grahani roga when other medicines have failed. The patient is kept only on milk diet during its use. This is very efficacious in chronic grahani when a patient has developed oedema over feet and other parts of the body. It is very effective in amoebiasis, dysentery and sprue.

Dose : 1 to 2 pills twice or thrice daily.

Grahani mihira taila : This is recommended in chronic disorders of bowels specially chronic diarrhoea, dysentery, sprue syndrome. This is applied as massage to the abdomen. This tones the bowels and improves the condition.

Ādhmāna (Flatulence)

Ādhmāna or flatulence is the gastric and intestinal distension with gas. This is generally due to the accumulation of gas or flatus in the intestine produced by defective digestion.

Treatment : Dipana, Pāchana and Vātānuloman a medicine should be given in this condition.

(i) A compound powder made of equal parts of fried asafoetida (Shudha hingu) black salt (Saunchar lavana) cardamoms (Ela) ginger (Shunthi) and Solanum Xanthocarpum (Kantakarika) is given in doses of 10 to 15 grs. to adult and 3 to 5 grs. to children to cure flatulence.

(ii) The mixture of 2 parts of Ajamoda (celery seeds) and 1 part of Saunph (Anisi seeds) and sugar is given in doses of half to one drachm to relieve flatulence.

(iii) The confection made of 5 parts of the seeds of Ruta graveolens (Sadav) 4 parts of celery seeds (Ajamoda) 3 parts of mint (pudina), 1 part of saffron, 2 parts of ginger, 2 parts of black pepper, and 10 parts of honey is a very efficacious in flatulence.

Dose : 2-4 drachms.

(iv) The following prepared medicines are recommended as and when required :—

(*a*) *Nārācha churna* : It is given in doses of 60 to 90 grs. with honey on an empty stomach in the morning.

(*b*) *Panchakola churna* : Is a very good Dipana and Pāchana medicine. *Dose* : 20 to 30 grs. with water.

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(*c*) *Vaiswānara churna* : is very efficacious for relieving flatulence. It is given in doses of 15 to 30 grs. with warm water.

(*d*) *Vajra Kshara Churna* : is indicated in complaints of stomach specially in flatulence, dyspepsia and constipation. It increases appetite and promotes clear motion. Dose 15 to 20 grs. with water.

Ānāha or Constipation.

This is a disease in which undigested food (Āma) is accumulated in the Āmāshaya and stool is retained in the colon (Pakvāshaya) due to the vitiation of Apāna Vāyu. Because of the abnormal condition of Apāna Vāyu the stool is not expelled out and the digestion is disturbed. In modern term it is called constipation. Constipation is a condition in which infrequent and offten difficult evacuation of faeces due to insufficient food or fluid intake or to sluggish or disordered action of the bowels musculature or nerve supply or to habitual failure to empty the rectum take place.

Treatment : (i) When a child suffers from obstinate constipation the bolus of the macerated leaves of Acalypha Indica (Mukta varcha or Hrita manjari) is introduced in the rectum as a suppository to remove the tension in the bowels which aids easy evacuation.

(ii) A suppository of the stalk of betel leaf coated with castor oil introduced in the rectum of a child brings quick relief in obstinate constipation.

(iii) The powder of liquorice root (Madhuyasti) taken with Gur and water is useful in constipation.

(iv) In chronic constipation the pills made of rose-buds 5 parts, sena leaves 4 parts, the pulpa of the ripe pods of cassia fistula (Āragvadha) 3 parts, and chebulic myrobalan (Haritaki) 5 parts are given. These ingredients are powdered and made into pills of 15 to 30 grs.

(v) *Madhu-yastyādi churna* : is very good medicine for constipation. It is laxative and cleans the bowels.

(vi) *Pancha Sakāra churna* : It is a reputed medicine for habitual and chronic constipation. It is digestive and appetiser as well.

Dose : 30 to 45 grs.

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(vii) *Sukha Virechana Churna* : It acts as a mild laxative when taken with warm water either before going to bed or early in the morning.

Dose : 30 to 45 grs.

Amlapitta (Acidity).

The translation of Amlapitta as acidity is not appropriate. It only indicates the acidity or sour tastes or eructation or watering of the mouth which is one of the main symptoms. The main condition in this is the indigestion of food ingested due to hyper or hypo-chlorhydria say the excess or less of hydrochloric acid in gastric juice. In this disease the patient gets fatigue without exertion and his taste is spoiled. He gets bitter and sour eructation and feels heaviness over the stomach. There is burning sensation in the chest and throat. Anorexia, liquid stools, headache and pain in the chest along with the distension of abdomen and depression occur in this disease. The patient gets wind or gas accumulation in the bowels and horripilation.

Treatment : (i) The paste made of one part each of black resins (Monakka) and small chebulic myrobalan and two parts of sugar is given in doses of 3 drachms (1 tola) twice a day, morning and evening, for the cure of acidity.

(ii) The infusion of coriander seeds (Dhānyaka) taken with sugar relieves acidity.

(iii) *Drākshādi Churna* : in doses of 1 to 3 drachms with water given twice or thrice daily in empty stomach is very efficacious medicine for Amlapitta.

(iv) *Avipattikara churna* : is a renowned medicine for acidity (Amlapitta), billiousness, bowels trouble, dyspepsia and sour eructation.

Dose : 45 to 60 grs. with water.

(v) Pravāla Pishti : is very efficacious in acidity, heart burn, exhaustion etc.

Dose : 3 to 5 grs. with Āmalkiswarasa.

(vi) *Lilā Vilāsa rasa* : is very effective in acidity, excessive secretion of bile, thirst, vomiting and burning sensation of the heart etc.

Dose : 2 to 5 grs. (1 to 2 Vati) with coconut water.

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(vii) *Sutasekhara rasa* : is a reputed medicine for the treatment of Amlapitta. It cures acidity, billiousness, peptic troubles, burning sensation in the cardiac area, vomiting, colic pain and loose stools etc.

Dose : 1 pill (3 grs.) twice or thrice daily with honey or juice of pomeogranate.

Chhardi (Vomiting).

Ejection of the stomach contents through the mouth is termed in Āyurvedic literature as Chhardi and in modern medicine as vomiting. It is also called emesis. This may be due to so many causes. The main causes can be divided under following heads :

(1) Food stuff : containing nauseatic or emetic substances or a substance for which the patient has a dislike or ideosyncrasy, or due to indigestion etc.

(ii) Mental worries,
(iii) Intestinal worms and
(iv) Pregnancy (in female).

In Āyurvedic literature Chhardi has been clinically classified under (1) Vātaja, (2) Pittaja, (3) Kaphaja, (4) Tridoshaja, and (5) Dvishtārtha-samyogaja. In Vātaja chhardi the signs and symptoms of Vāta such as dryness of mouth, pain in chest and side, eructations, stringent taste in the mouth etc., are seen. Similarly in Pittaja and Kaphaja the signs and symptoms of Pitta and Kapha are found respectively.

In pittaja : there is burning sensation and sour eructation in the mouth and the taste is also sour. There is bile in the vomited material giving yellowish colour. Thirst, dryness of mouth, giddiness etc., are also seen in Pittaja. In Kaphaja Chhardi the vomited material is slimy white full of mucous and the taste of mouth becomes saltish. In Tridoshaja all signs and symptoms of vāta-Pitta and kapha may be found.

Dvishtārtha-samyogaja Chhardi : is that which is caused by a food stuff which are putrefied and giving an abnoxious smell causing nausea or very offensive to look at.

Treatment : To avoid the causative factor is the first treatment. The patient should be asked or advised not to indulge in those foods and habits which are inducive of vomiting. The physician should try to remove the cause of the vomiting.

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(i) The decoction of the root-bark of bael tree is given with honey to cure vomiting.

(ii) To check vomiting the linctus made of the powdered flower of woodfordia fruticosa (Dhava) with honey and a small quantity of very finely powdered charcoal is slowly sucked in small quantity at a time.

(iii) Coconut is given with sugar, honey and long pepper to stop vomiting.

(iv) The juice of the unripe fruit of wood apple (Kapitha) made into a linctus with honey and long pepper is very efficacious for checking vomiting.

(v) The paste of seeds of holy Basil (Tuai) is given with milk to stop vomiting.

The following prepared medicines are recommended :-

(i) *Rasādi Churna* : is very efficacious for checking vomiting. It is successfully used in Amlapitta, Vidagdhājeerna and hicough also.

Dose : 3 to 10 grs. with honey to be given at the interval of 2 to 3 hours.

(ii) *Elādi Vāti* : is very useful in vomiting. It checks the vomiting and relieves dry cough also.

(iii) *Chhardi-ripu* : is used successfully with chandanadi Arka or Lājamand in doses of 3 to 5 grs. to check vomiting.

(iv) *Yamāni Shādava* : This powder is very tasteful and appetiser. It checks vomiting tendency and removes bad taste in mouth.

Dose 1 to 2 mashas (15 to 30 grs.) with water.

(v) *Vamanāntaka Yoga* : is a specific preparation for the treatment of vomiting. It is a preparation of the ashes of peacock feathers with cardamom seeds powder to be taken with honey. Peacock feather's ashes 3 grs. and cardamom seed's powder 3 grs. mixed together makes one dose.

(vi) *Lāja-manda* : Fried paddy 1 tola , Cardamom seeds powder 2 or 3 grains, clove 2 grains, sugar candy 1 to 2 drachms. Boil the fried paddy after taking out its husk into 8 ozs. of water well and mixed the other powders in it. When it is cool administer it to the patient in doses of 2 to 4 teaspoonful of it repeatedly. It checks vomiting.

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Trishnā (Thirst)

Trishnā or thirst is a desire for drink or indicative of dryness of throat and a demand for water into the system. When this desire or demand of water to drink is abnormal i.e. more than usual, it is a disease. This can be created by so many causes. According to Āyurveda is due to excess of Pitta or loss of soma gunas of the body tissues. Āyurveda has clinically classified it under seven heads viz. (1) Vātaja, (ii) Pittaja, (iii) Kaphaja, (iv) Kshataja, (v) Kshayaja, (vi) Āmaja and (vii) Bhaktaja. Vagbhatta has mentioned Sannipātaja, Rasakshayaja and Upsargaja in place of last three. In Vātaja Trishnā, the patient feels throbing pain in temporal region with giddiness and distaste in the mouth. In Pittaja Trishnā there is a feeling of burning sensation and bitterness of the mouth. In Kaphaja Trishnā the taste of the mouth becomes saltish and sweetish along with anorexia and nausea.

Treatment : To remove the cause is the main treatment. Thirst is found as a symptoms in many diseases. In this condition the main disease is treated.

(i) The decoction of turmeric given with sugar and honey is a useful drink to quench thirst.

(ii) If there is feeling of burning sensation in the throat, the infusion prepared with equal parts of coriander seeds, Adhotoda Vasica, Emblic myrobalan (Amalaki), black resin, Fumeria perviflora (Pittapāpara) is a very satisfying drink to cure thirst.

(iii) The syrup of ripe tamarind (Imali) makes a very satisfying drink for quenching thirst.

(iv) Coconut water with little sugar and sandalwood powder is a very good drink for the cure of insatiable thirst.

The following preparations are very efficacious to relieve the thirst :

(*a*) Lāja manda, (*b*) Rasādi Vati, (*c*) Shadanga Pāniya, (*d*) Mahāshisira Pānaka.

Udarashoola (Abdominal Pain)

In Āyurvedic literature, the term shoola is used for various types of pain. In this context the pain occurring in the abdomen is indicated by term Udara-Shoola. This 'Shoola' may be an independent disease

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or a symptom due to some other disease of the abdomen or a complication of any other abdominal disorder. There are descriptions of (i) Vātaja, (ii) Pittaja, (iii) Kaphaja, (iv) Vātapittaja, (v) Vāta Kaphaja, (vi) Pitta Kaphaja, (vii) Tridoshaja and (viii) Āma-pradoshaja shoola in the texts. Inspite of these clinical classification of shoola, it is a rule that Vāta is the main creator of every type of shoola for there can be no pain without the aggravation of Vāta.

Besides, there are descriptions of various types of Parināma-shoola, Annadrava-shoola, Vit-shoola, Pārshva-shoola, Kukshi-shoola Avipākaja-shoola, Hrid-shoola, Vasti-shoola and Mutra-shoola.

Vātaja Shoola : In Vatika shoola there is retention of wind or gas and faeces in the bowels resulting in distension and pain. This pain is irregular i.e. sometimes increasing and sometimes decreasing. It subsides with oil, massage and hot oily food. It aggravates on empty bowels. It resembles colic (Pain due to periodic spasm in an absominal organ).

Treatment : The treatment is to regulate the function of Vāta by some anulomana drug and to remove the retention of faeces and wind or gas from the intestine.

(i) Equal part of black salt (Saunchar Lavana), tamarind, cumin seeds and black pepper powdered together are made into pill-mass, with juice of citron (bijaura) : this pill-mass is very efficacious in colic (Vātaja shoola) and indigestion.

Dose : 15 to 20 grs. pill to be taken with warm water.

(ii) The decoction of the root of Castor Oil plant and ginger given with fried asafoetida and salt is very efficacious in colic.

Dose : 1 to 2 ozs.

(iii) The mixture of the powder of cumin seeds, fried asafoetida and rock salt given with honey and ghee relieves colic due to indigestion.

Dose 10 to 15 grs.

(iv) *Vāta shoolāntaka Yoga* : It contains 4 parts of Sarjikshara (sodibi-carb), 5 parts of rock salt (Saindhava), 5 parts of ginger and 10 parts of Chebulic myrobalan (Haritaki). It is given in doses of 10 to 15 grs. with hot tea or butter milk.

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Pittaja shoola : The patient complains of thirst, burning seṇsation with acute pain in the abdomen and a desire for cold thing.

Treatment : Some Vātahara and unprovocative of Pitta drugs should he used in Pittaja shoola (i) The juice of mint (Pudina) given with small quantity of powdered black pepper and honey relieves this type of colic (Pittaja shoola).

(ii) The decoction of liquorice root (madhu yasti) given with castor oil brings relief in colic.

(iii) 45 to 80 grs. of the powder of chebulic myrobalan (Haritaki) are given with gur (molasses) and ghee to cure billiary colic.

(iv) *Dhātri Lauha* : is a renowned medicine for Pittaja and Vātaja shoola. It is given in doses of 7 to 15 grs. with honey or ghee.

Kaphaja shoola : In this type of abdominal pain, the patient complains of nausea, anorexia and depression. There is constipation and headache in it. It aggravates on food.

Treatment : Some Shoolahara (anodyne) drug possessed of Kashāya and Katurasa should be prescribed.

(i) The finely powdered mixture of 2 parts of long pepper, 3 parts of black pepper, one part of rock salt in doses of 90 grs. is very efficacious in Kaphaja shoola.

(ii) *Shoola Varjini Vati* : is a very efficacious medicine in all types of colic specially in Kaphaja type. It cures all types of abdominal pain.

Doses : 1 to 2 pills (of 7 to 10 grs) taken with warm water.

Parināma shoola : In this type of colic or abdominal pain, the pain generally occurs at the time of the digestion of food ingested. The signs and symptoms are according to the Doshas involved in the manifestation of this colic or abdominal pain such as when Vāta is involved the pain will be accompanied with distension of bowels or tympanitis, constipation and sound in abdomen. Similarly when pitta is involved the pain will be accompanied with burning sensation and thirst and in Kapha Involvement there will be vomiting, nausea, with pain.

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Treatment : (i) Nārikela Lavana is one of the best medicine for Parināma Shoola. It antigonises the hyper-acidity and improves digestion.

Dose : 10 to 15 grs. with water twice daily.

(ii) *Dhātri Lauha* : is also useful in Parināma shoola. This is an excellent remedy for gastric ulcer and other gastro-intestinal troubles.

Doses : 7 to 15 grs. to be taken with honey after meals.

(iii) *Samudrādya Churna* : It antigonises the acidity of the gastric juice and cures gasteritis. It improves the digestive power.

Dose : 15 to 30 grs. with water after food.

(iv) *Kaparda Bhasma* : It is antacid and efficacious in abdominal pain, tympanitis and dyspepsia.

Dose : 5 to 10 grs. mixed with the powder of Haritaki (chebulic myrobalan) 15 grs. taken with warm water.

Annadrava shoola : In this the pain starts either after the food is digested or before the digestion starts or during digestion. The pain persists even after food and subsides after the vomit of bile. The signs and symptoms are identical with hypo-chlorhydria.

Treatment : In this there is less secretion of hydrochloric acid in the gastric juice.

(i) Lavanamla should be administered in diluted form in doses of 10 to 15 minims after food.

(ii) The powder of embelic myrobalan (Āmalaki) 15 grs. with 4 grs. of Lauha Bhasma is given with honey successfully.

(iii) *Guda-mandura* : is a reputed medicine for Annadrava shoola. This medicine is used before meal and during meals.

Dose : 1 to 2 drachms with water.

Āma shoola : This is due to indigestion when Ama dosha is produced. The patient gets nausea with pain and sometimes he vomits. He feels heaviness over the stomach and there is flatulence.

Treatment : The treatment is like Kaphaja shoola. He should be given medicine to improve the digestive fire.

(i) The decoction of the root of castor oil plant and ginger with fried asafoetida and salt is very efficacious in this type of colic.

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(ii) Shoola Kuthārarasa and (iii) Shoola-gaja-Keshari are recommended for the cure of pain in abdomen due to Vāta and Āma dosha.

Āmāshayic Shoola (Stomachache).

Stomachache (Āmāshaya Shoola) maybe due to so many causes. Therefore the first treatment is to remove the cause and advise the patient not to indulge into causative factors. General remedies are as follows :-

(i) Hot castor oil coated leaves of Pāris (Thespeasia populnea) applied on the abdominal region as a fomentation give relief in stomachache.

(ii) The infusion of the ginger given with the addition of a table spoonful or two of castor oil relieves stomachache.

(iii) The decoction of coriander seeds, the leaves of lemon grass, bael fruit, the tubercle of nut grass (Nāgar motha) and ginger in doses of 1 to 2 ozs. is a very efficacious drink for the cure of stomachache.

(iv) Ginger powder taken with a little sodi-bi-carb and fried asafoetida gives quick relief. *Dose* : 10 grs. ginger powder 10 grs. sodi-bi-carb and 2 grs. of asafoetida, one dose.

(v) *Nārāyana churna* : is a very efficacious medicine to cure flatulence, dyspepsia, liver and stomach complains. It is carminative and laxative. *Dose* : 15 to 30 grs. with warm water.

(vi) Chinchā kshāra or Imli kshāra : is very useful in abdominal pains specially stomach-ache. *Doses* : 5 grs. to 10 grs. with water.

(vii) *Ajeernāri rasa* : is very effective in abdominal pain or colic due to indigestion.

Pittāshaya Shoola (Biliary colic).

Biliary colic or Pittāshaya shoola is an abdominal pain referred to the hepatic area due to spasm of smooth muscles in the bile duct caused by inflammation of the duct or a gall stone.

Treatment : (i) Narasārādi puspa: is a very good remedy to cause flow of bile from the liver and relieve biliary pain. *Dose* : 7 grs. with water.

(ii) *Pittāshaya* shoolahara yoga : is a specific medicine to cure biliary colic. It desolves the gall stones and improves the flow of bile

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to the intestine thereby relieving the pain of the hepatic area. It also cures the inflammation of the bile duct. *Dose*: 7 to 15 grs. with cold water at the interval of 3 to 4 hours thrice daily. This is an alkali in shape of ashes prepared by burning the whole plant of Tālamakhāna (Steracantha longifolia).

(iii) *Amritārista* : in doses of 3 to 4 drachms after meals twice daily. This helps the flow of bile and cures inflammation of the bile duct.

(iv) *Kālameghāsava* : is also recommended in liver trouble. It is given in doses of 3 to 4 drachms after meals. This also helps the flow of bile from the gall bladder and relieve inflammatory conditions of the bile duct.

Vit-Shoola

Sushruta describes a special shoola under caption Vit-shoola due to the retention of Vit (Stool or faeces) in the intestine by provoked Vāyu caused by overeating of rough food. In this there is movement of wind with sound in the bowels along with thirst and giddiness. The patient feels that the bowels shall move but fails when he goes to the latrine.

Treatment : The physician should give such medicine which improves peristalsis action i.e. Vātānulomana and Sara (laxative) medicine. For this : (1) take two and half ounces of black resin without seeds, and dried figs 2 ounces, liquorice root 4 drachms and boil together in a pint of water and mix this decoction in a pint of barley water and reduce them to one-fourth in quantity and then administer to the patient. *Dose* - 2 to 4 ozs.

(ii) The mixture of dried figs and blanced almonds is very safe laxative.

(iii) Ālubokhara (Bokhara plums) is an efficacious laxative, especially when the faeces have formed hard lumps. The paste of the plums made with water is given.

(iv) The pulp of the ripe pods of cassia fistula (Amalatās) is given in 60 to 180 grs. doses with the juice of dill seeds (Soya-ke-bija). This is particularly given to dyspeptic patients.

(v) (*a*) Pancha-Sakāra Churna, (*b*) Haritaki Khanda (*c*) Vadavānala rasa and (*d*) Lashunādi Vati are recommended.

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Kukshi shoola

This is a kind of pain in abdomen due to indigestion of food ingested when undigested or improper digested food stuff is stagnated in the bowels and the patient becomes restless because of the pain in the abdomen. He does not feel comfort in either sitting or standing or sleeping posture. He gets dispnoea.

Treatment : The physician should give Dipana, Pāchana and Anulomana drugs.

(i) *Pancha-kola Churna* : in doses of 15 to 30 grs. with warm water should be given.

(ii) *Sama-sarkara Churna* : 1 to 2 mashas (15 to 30 grs.) with warm water should be given.

(iii) *Agnimukha Churna* : This improves the digestive power and relieves pain. *Dose* : 1 to 2 mashas (15 to 30 grs.) with warm water.

(iv) *Mahā Shankha Vati* : is very efficacious in Kukshi shoola. 1 to 2 pills are given with hot water twice or thrice.

(v) *Chitrakādi Vati* : It is very effective medicine to relieve the pain of abdomen. It is one of the best Dipana and Pāchana remedy. It improves the digestive power and cures indigestion and anorexia. *Dose* : 1 to 4 pills (of 5 grs.) with water.

(vi) *Agnitundi Vati* : is a reputed medicine for deficient digestive power, indigestion and abdominal pain. *Dose* : 5 grs. (one to 2 pills) with warm water , 3 to 4 times as and when required.

(vii) Shoola-kuthāra rasa and Shoola-varjini Vati are reputed medicine for abdominal pain. They can be used as and when required.

Gulma.

It is very difficult to give an appropriate term in English for this disease.

It is an Āyurvedic term given to a disease which occurs in the various part of abdominal cavity manifesting the shape of Gulma a shrub root due to the accumulation of only wind or gas or with mucus (Kapha) or any other semi-liquid material in the alimentary tract in the area of cardiac orifice, nabhi, both sides of abdomen and pelvic area. Many have translated it as abdominal tumour which is most misleading. The

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main signs and symptoms of this disease are—pain in abdomen, too much eructation, constipation, feeling of fullness of abdomen along with the movements of wind or gas in the bowels manifesting the shape of Gulma in the various parts of the abdomen. Sometimes this Gulma like manifestation moves about (Samchāri) and sometimes it becomes stable (Asamchāri). The patients sometimes feel sound moving around in bowels (Antravikujana). In Āyurveda it has been clinically classified into eight varieties viz-(i) Vātaja (ii) Pittaja (iii) Kaphaja (iv) Vāta pittaja (v) Vāta-Kaphaja (vi) Pitta kaphaja (vii) Sannipātaja and (viii) Raktaja. Out of these eight varieties Raktaja Gulma is mostly found among ladies and therefore this will be dealt in the chapter of female diseases. Raktaja Gulma in male is rare and mostly traumetic and haemorrhajic. It is said that in all types of Gulma also Vāyu or Vāta is the main manifester or creater like that of Shoola rogas.

Treatment : The procedure of treatment starts from Snehana, Svedana, Vātā-anulomana, and Virechana i.e. oleation, sudation pacifying the vāta and purgation. For Snehana—Eranda Taila (Castor oil) is the best to be administered orally with milk. Steam-bath especially deviced for it is given for sudation and then some laxative or purgative medicines are given as and when required.

(i) The mixture of Ghee and juice of green ginger is also given successfully.

(ii) *Hingu-triguna Taila* : in doses of 3 to 8 drachms is given with milk or singly. It is very good medicine which mitigates Vāyu (wind or gas formation) in the bowels. It is laxative and Vātānulomana. It cures the pain of the abdomen quickly and moves the bowels.

(iii) *Hingwādi Churna* : It cures flatulence, costiveness, distension of wind in the intestine and subsides the pain.

(iv) *Kānkāyana Gutikā or Vati* : is a reputed medicine to remove Gulma. *Dose* : 1 to 2 pills to be taken with warm water.

(v) *Gulma Kālānal rasa* : is a specific medicine successfully used in all kinds of Gulmas, specially in Vātaja Gulma—*Dose* : 1 to 2 pills (2 grs.) to be taken with water twice or thrice a day.

(vi) *Pippalyāsava* : is very efficacious medicine to cure Gulma. *Dose* : 3 to 4 drachms after meals twice daily.

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Belching (Udgāra)

Belching (Udgāra) is an important symptom of Gulma and requires special attention of the physician.

Treatment : Sarjikshāra (Carbonate of Soda) and sugar mixed together in doses of 20 to 30 grs., given with water checks belching.

(ii) A drink of the mixture of milk and water in proportion of 1 to 4 or of milk and powdered cardamoms checks belching.

(iii) Macerated cucumber seeds taken with saffron checks belching.

(iv) *Mahā Shankha Vati* : checks belching immediately. It is a very good medicine for dyspepsia and stomachache. It creates appetite and promotes clear motion.

(v) *Arka Lavana* : is very efficacious medicine for Gulma. It checks belching quickly. *Dose* : 10 to 15 grs., with water.

(vi) In stomach disorder due to excessive wind formation in the bowels 180 grs. of the juice expressed from the root stock of Alocasia macrorrhiza (Kachālu), cooked in coconut milk and a little rice is given; this preparation induces the passing of winds and relieves belching.

(vii) In painful disorder of the stomach the infusion of ginger taken with the addition of half an ounce to one ounce of castor oil brings quick relief.

(viii) *Rasonādi Vati* : is also a very good medicine to relieve belching. It is Dipana and Pāchana. It checks gas formation in the bowels. 1 to 2 tablets to be taken with warm water.

Udara Krimi (Intestinal Worms)

In Āyurvedic literature four types of Krimi (worms and Bacterias have been described viz. (i) Purishaja, (ii) Shlesmaja, (iii) Shonitaja and (iv) Malaja. These classifications are according to their origin. Further it is said that 20 kinds of Krimis are originated from the abnormal or vitiated Purisha (faeces), Kapha or Shlesma, and Rakta (blood). Again there is a classification as Bāhya Krimis that are found in the outer space of the body like skin, hairs etc., and Ābhyantara that are found inside the body.

Out of these, Bāhya Krimis are originated due to the insanitory condition of the skin and hair etc., when a person does not keep his skin

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and hairs clean by taking timely and proper oil massage, bath-soap etc. They are yukā, Likshā etc. These will be dealt in a separate chapter. In this chapter only those worms will be dealt with which are originated in abdomen specially in intestines. They are those Krimis or worms which have been described under Purishaja and Shlesmaja Krimis. Sonitaja or Raktaja Krimis are microscopic in structure and therefore they will be described in a separate chapter. Shlesmaja or Kaphaja and Purishaja Krimija are intestinal worms and they have been described under following names :—

(1) Annāda, (2) Udarāda, (3) Hridayāda, (4) Churu, (5) Darbha pushpa, (6) Saugandhika, (7) Mahāguda, (8) Mahapushpa, (9) Praluna, (10) Chipita, (11) Pipilika, and (12) Daruna. Purishaja are, (1) Kakeruka, (2) Makeruka, (3) Leliha, (4) Sashoola, (5) Sausurada, (6) Ajawa, (7) Vijava, (8) Kipya. (9) Chipya, (10) Gandupada, (11) Churu, and (12) Dvimukha.

The description of the shape and size of these Krimis are also described in the text. The presence of these worms are inferred from the following signs and symptoms :—

The signs and symptoms of Shlesmaja or Kaphaja Krimis are nausea, salivation or watering of the mouth, anorexia or dislike for food, indigestion, constipation, distention of bowels, vomiting, sneezing, bodyache, emaciation of the body or roughness of the skin. Sometimes there are fever and fits in patient. Some of them produce headache, cardiac diseases, cough and coryza.

Signs and symptoms of Purishaja Krimis are as follows: passing of liquid and loose stools, emaciation of the body, roughness of the skin, horripilation, throbing pain and itching sensation in the area of anus. Sometimes these worms come out of the anus. The patient complains of pain in the abdomen, deficient digestion, stiffiness of the bowels, weakness, dislike for food, wateriness of the mouth, frequency of the loose or liquid stools and pain in the area of cardiac orifice. The patient looks palor due to anemia.

Treatment : The main treatment of worms in intestine is to eliminate the worms from the intestine by administering some anthelmentics and purgative and then advise the patient to eschew from the causative factors (Nidana-Parivarjan). There are two types of medicines des-

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cribed in Āyurvedic text viz. Krimihara (vermicide) and Krimipātana (vermifuge). These medicines are also called anthelmentic.

Anthelmentics (Krimighna).

1. Vidanga (Embelia Ribes) : This is effective in gandupada (round worm), chipit or sphita (Tape worm) and Tantu Krimi (thread worms). This works as vermicide in doses of 2 to 3 drachms of the powder administered in empty bowels followed by a purgative.
2. Palāsa beeja (seeds of Butea frondosa) : a specific drug for round worms. *Dose* : 1 to 3 masha (15 to 45 grs. of powder) given morning and evening for three days followed by purgative. This is also given as decoction in doses of 2 ozs.
3. Kitamari Ajawain (Artimisia Maritina) : *Dose* : 3 to 6 mashas (1 to 2 drachms) of powder to be taken with water. Specific for round worm.
4. Ingudi (Balanitis Roxburghii) : This is a very good drug for round worm, thread worm, and tape worms. Its bark is used in shape of decoction doses 1 to 2 ozs. Powder of the seeds in doses of 10 to 15 grs. and oil of the seeds in doses of 5 to 20 minims are given.
5. Barbari (Ocimum Basilicum) : is a very good anthelmentic effective on intestinal worms. *Doses* : 2 to 4 ozs. of decoction of leaves. 15 to 30 grs., of the powder of the seeds are given successfully.
6. For expelling intestinal worms Embelia Ribes (Vidanga) is specific. This drug is particularly effective for expelling tape worm. Before giving this drug the bowels should be cleaned by a purgative. A purgative should be given 24 hour after administering this drug. There are other preparations of this drug which are very beneficial for the treatment of intestinal worms viz. Vidangādi Lauha, Vidangatandula rasaina Vidangārishta etc.

(*a*) The juice of leaves of the Indian Coral tree (Mandāra) is given in 2 ozs. doses with honey as a purgative and anthelmentic for expelling threadworm, round worm and tape worm.

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(*b*) Kāmpilla—the glandular hairs found on the fruits of Mallotus philippinensis (Kāmpilla) are an excellent anthelmentic for expelling intestinal worms including tape worms. Kamila powder is given in doses of 2 to 3 drachms with honey, Gur, or curd. No purgative is required in it.

(*c*) The fresh milky juice of unripe papaya fruit with honey is an excellent anthelmentic to expel round worms.

Dose : one table spoonful of milky juice and one table spoonful of honey and 3 to 4 table spoonful of boiling water, mixed together and given in one dose. Two hours later a dose of castor oil with lime juice is taken.

(*d*) The powder of the bark of pomeogranate tree is very efficacious for expelling round worms and tape worm.

Dose : 90 grs. with sugar, morning and evening followed by purgative.

(*e*) The seeds of peganum harmal are efficacious remedy in tape worm infection.

Dose : Seeds powder—½ to 2 drms. with water. The following prepared medicines are recommended for intestinal worms :—

(1) *Krimi Kuthāra Rasa* : is a very efficacious medicine for intestinal disorders due to worms. *Dose* : 1 to 2 tablets twice or thrice daily.

(2) *Vidangādi Lauha* : It kills and expels the intestinal worms and cures disgust for food and anorexia. It improves the blood condition also. *Dose* : 15 to 20 grs. with honey.

(3) *Krimighātini Vati* : is a reputed remedy for intestinal worms. It improves the appetite and destroy dislike for food. *Dose* : 15 to 20 grs. with honey, 2 to 3 times a day.

(4) *Mustādi Yoga* : This is a very good remedy to cure complication due to worm in intestine. This should be taken for 7 to 21 days. 1 to 2 pills (of 7 grs) with the decoction of Mustadi quātha.

(5) *Vidangārista* : 3 to 5 drachms to be taken after meals. This is a very good anthelmentic and improves the appetite and cures indigestion due to worms in the intestine. It is rasaina also.

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(6) *Krimisatru Churna* : 5 to 10 grs. with water, 2 to 3 times a day. It kills the intestinal worm and expels it out.

(7) *Krimikantaka Churna* : This is given to children suffering from intestinal worms. *Dose* : 3 to 7 grs. with honey.

Udāvarta.

It is a group of diseases caused by the retention of various natural urgings for excretion of various, Malas from the body like faeces, urine, wind etc.

Adho-Vātanirodhaja Udāvarta : It is caused by the retention of gas or wind in the bowels. In this the patient gets tympanitis, pain in abdomen, heaviness over the stomach, headache, sometime cough and hiccough, dispnoea, chocking of throats etc.

Treatment : Some medicine to pass the flatus should be given. Vātānulomana and sara (Laxative) medicine should be given in this trouble. For this Snehapana, Svedana, Varti-prayoga and Vasti are recommended. For Sneha-pana—Ghrita (butter) Taila (Castor oil) are very good. Svedana--Snigdha Svedana (Sudation) is advised. Anuvāshana Vasti (Oily enemata) is very good.

(i) Decoction of ginger given with the addition of Castor oil is very effective in this condition.

(ii) *Hingvastaka Churna*—is very efficatious in doses of 15 to 45 grs. with water twice or thrice a day.

In Vid-vighataja Udāvarta (Udavarta due to retention of faeces) the signs and symptoms are like that of Adhovata nirodhaja Udāvarda with an addition of constipation, eructation, distention of bowels and sounds in the abdomen with pain. Medicine to move the bowels should be given. For this Varti (suppository) Abhyanga (massage) Sveda (Sudation) and oily enema (Anu-vāshana-vasti) are recommended.

Hingu Triguna Taila, (ii) Nārach Churna, and (iii) Hingwadi phala-varti, are very efficacious.

In Udavarta due to the retention of urine the following signs and symptoms are found :—Pain in the Vasti (Urinary bladder) Mehana, (Penis), painful micturition, headache and distention in the area of pelvis and groin.

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Treatment : The patient should be given milk diluted with water and mixed with the powder of Vacha (Acorus calamus).

(ii) Mutral kashāya is a very good remedy for this. *Dose* : 1 to 2 ozs.

(iii) Trina-panchamoola Kvātha should be administered in doses of 2 to 4 ozs.

(iv) The juices of Kantakari (Solanum xantho-carpum) Duralabha (Fagonia Arabica) and Arjuna (Terminalia Arjuna) are very efficacious. *Dose* : 1 to 2 ozs. twice or thrice daily.

In Udavarta due to the retention of Udgāra (eructation) the patient feels that his throat and mouth are full and there is throbing pain along with retention of the wind.

Treatment : The physician should give Snaihika Dhuma (oily fumigation).

In Udavarta due to retention of Chhardi (Vomiting) the patient gets nausea, pruritus, urticaria, anorexia, maculae, oedema, anemia, skin diseases etc.

Treatment : Emesis (Vamana) and fasting (Langhana), purgative, massage and enema are recommended.

Arsha (Piles).

Piles (Arsha)or Haemorrhoids is the varicosity of the veins around the anus. This vericosity may be in the external area of sphineter of the anus and in the internal area of the anus i.e. inside the anal sphineter covered with mucus membrane. In Āyurvedic text these sphineters are called 'Balis' (Bahya valis and Ābhyantara valis).

Āyurveda has classified it under two heads viz. (i) those which are congenital (Sahaja) and (ii) those manifested after birth (Janmottara kālaja). This again has been divided under Shuska (Dry or blind) and Srāvi (bleeding). It is said that the vericosity or growth may resemble so many shapes such as mustard like, pealike, barley like, plums like, fig like and like so many Ankuras (buds). These shapes and size are indicative of the Doshas involved in the manifestation of these various types of growth or vericosities. Accordingly Āyurveda clinically classify them under—(1) Vātaja, (2) Pittaja, (3) Kaphaja, (4) Dvandaja (5) Sannipātaja and (6) Raktaja. The etiological factors,

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signs and symptoms are described in the text. This is an obstinate disease manifesting so many complications and very troublesome to treat.

The general signs and symptoms of Arsha or piles or haemorrhoids:—The patient suffering from piles (Arsha) does not have proper digestion and he becomes dyspeptic. He feels weakness and accumulation of wind or gas in the bowels which creates sounds in the abdomen. He complains of lumbago (pain in the loins), constipation, and passing of blood during defaecation. He becomes palor (Pandu) due to haemorrhage per rectum. He suffers from cutting pain in the anus and pruritus. He gets flatulence and various disorders of the grahani (digestion). He is always afraid of so many wasting diseases like pthisis (Rājayakshmā), cough, asthma etc. He often gets giddiness and stupour. He is letharjic and does not feel energetic to do any work.

Signs and symptoms of Vātaja Arsha : The patient suffering from Vataja Arsha gets pain in thigh, loin, back, sides, abdomen and urinary bladder. He gets often sneezing, eructation, cold, coryza and cough. Anorexia and distaste become a constant feature. The shape of piles or Arsha is generally hard and discoloured like that of Kadamb-pushpa i.e. irregular or like Shākpushpakali (buds of tik flower) with niddle shape mouth. It is mostly dry and rough. He is emanable to hot oily and sweet things.

Signs and symptoms of Pittaja Arsha : The growth of Paittika Arsha is soft and of yellow and red colour and bleeding one. The patient complains of burning sensation, pruritus and pain like needlings. The piles suppurate and there is discharge of pus and blood from them. He likes cold food to eat and cold place to live at. He is amenable to cold and sweet things. He passes loose and liquid stools of yellow and green colour. He feels thirsty and often gets fever, dispnoea and syncopy. He has a dislike to food. The shape and size of the piles or haemorrhoids are small, turmeric yellow colour, like piece of liver and like parrot beak.

The signs and symptoms of Kaphaja Arsha :

The growths or piles of Shleshmaja Arsha are bigger than those of Vataja and Pittaja and of whitish palor colour and slimy on touch. There is always discharge of mucous with blood from the piles. The patient complains of cold, coryza, cough, salivation, passing of whitish mucous like thing in stool and urine, and sweet taste in the mouth. The

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patient feels lethargic and no enthusiasm for work. He always feels sleepy.

The signs and symptoms of two types of Arshas constitute Dvandaja and all signs and symptoms in severe degree constitute Tridosaja or Sannipātaja Arsha.

Signs and symptoms of Raktārsha: This is a bleeding type of piles or haemorrhoids. There is profuse bleeding at the time of defaecation. The bleeding is found even without defaecation. The shape and size of the haemorrhoids are like that of Gunja (Prectorious albus) seeds. Other signs and symptoms are like that of Pittaja Arsha.

Treatment: The first treatment in Arsha or piles is to give relief to the patient from the acute complications like pain and haemorrhage or bleedings. Some internal and external measures to relieve the pain and check bleeding should be adopted.

To pacify the Vāta (Vātānulomana) and improve the digestive power (Dipana or Agnibala Vridhi) is the main treatment in Arsha roga. The measures should be adopted to avoid constipation and move the bowels freely and properly.

(i) The decoction of the leaves of Terminalia tomentosa (Asana) Adhotoda Vasica (Vāsā) and castor oil plant or Indian hemp (Vijayā) is very good for fomenting the piles to relieve pain.

(ii) The fumigation of piles with the smoke of Alhagi (Yavāsā) roots of Calotropis gigantica (Arka) and finely powdered seeds of Luffa Echinata (Devadali) is very effective to relieve pain and dry the haemorrhoids.

(iii) The hot poultice of dry radish (Muli) is very good in non-bleeding piles. The leaves of the Indian hemp (Vijayā) used as poultice is also very efficacious to relieve pain of a non-bleeding piles.

(iv) The ointment made of turmeric, the leaves of the Indian hemp (Vijayā) and onion with hot sesamon oil (Tila Taila) is a very efficacious application over painful and protruding piles.

(v) *Nāga Keshara Yoga* : Consisting one part of Nāgakeshara (Mesua ferrea) and Khuna Kharaba one Part, powdered and mixed together is a very good medicine to check bleeding in piles. *Dose*: 30 grs. 3 to 4 times a day with coriander water.

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(vi) The paste made of the tender leaves of Pongamia pinnata (Karanja) is applied over bleeding piles at the same time 45 grains of the paste made of the leaves or the bark with water are taken orally.

(vii) The decoction of the flower of wood-fordia fruticosa (Dhātaki pushpa) is used for bathing bleeding piles.

(viii) The poultice made of sesame seeds (Tila) is applied over bleeding piles at the same time the seeds are taken orally with butter.

(ix) The powder of the seeds and roots of Achyranthus aspera (Apāmārga) given with honey or water cures bleeding piles. *Dose* : 15 to 20 grs.

(x) Cooked carrots eaten with whey checks bleeding from piles even if the bleeding be very profuse.

(xi) The mixture of 1 oz. of the pulpe of a ripe bael fruit, 180 grs. of sugar, the powder of 7 black peppers and 8 grs. of cardamom is very efficacious in checking bleeding from piles.

(xii) Rasota is one of the most efficacious drugs for the cure of bleeding piles; 180 grs. of the extract are macerated together with 15 grs. of camphor and a little water; 8 grs. pills are made out of it; one or two pills are given with cold water twice or thrice a day; these pills not only check bleeding but also cause the piles to drop off, if the treatment is continued for some times. Diet control is essential during this treatment.

The following prepared medicines are recommended for the treatment of piles or haemorrhoids :—

(1) *Arshoghni Vati* : Dose 2 Pills (of 5 grs.) to be taken with cold water twice or thrice daily. It is effective in both types of piles—dry and bleedings.

(2) *Surana Vataka* : Dose 1 to 2 Vataka (of 60 grs.) to be taken with water or milk. This is more efficacious in dry or non-bleeding piles. This helps in digestion also by improving the digestive power.

(3) *Prānadā gutikā* : Is very efficatious medicine for both types of piles (Arsha). It improves the blood condition and cures anemia, intestinal worms, Gulma and Colic. *Dose* : 1 to 2 tablets with water, twice daily.

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(4) *Kānkāyan Vati* : It checks bleeding from the piles and causes dry and drop the piles. *Dose* : one to 2 pills with water.

(5) *Arsha-kuthāra Rasa* : Is a reputed medicine for piles. It removes the irregularity of bowels, constipation and aids evacuation of bowels. *Dose* : 1 to 2 pills with water twice daily.

(6) *Abhayārishta* : is very efficacious in Arsha (Piles). It removes constipation, dyspepsia and other intestinal disorders. It also increases the digestive power. *Dose* : 4 drs. after meals.

(7) *Kāsisādi Taila* : This is a very good oil to be anointed on piles. It dries the piles and cures pruritis of the anus and polypus or piles. It relieves pain and checks bleedings.

Pānduroga (Anemia)

This is a disease in which the patient becomes pallor (Pāndu). This condition is indicative of less blood in the body and therefore it is also called anemia (or Vilohita in Āyurveda). In this there may be qualitative and/or quantitative loss of blood. The clinical features may include pallor, easy fatigue and breathlessness on exertion, giddiness, palpitation and loss of appetite. Āyurveda has clinically classified it under five heads viz. (1) Vātaja (2) Pittaja (3) Kaphaja (4) Sannipātaja and (5) Mridbhakshanaja. In modern medicine this has been divided under :

(1) deficiency—(nutritional and vitamin) anemia, (2) dis-haemopoetic, (3) pernicious and (4) aplastic anemia etc. Iron deficiency anemia is supported to be the commonest among them. There is morphological division also such as macrocytic and microcytic etc.

Treatment : The main treatment of Pānduroga is to improve the blood condition and remove the cause of the destruction of blood and help the construction of blood cells by compensating the deficiency nutritional, haemopoetic and of vitamins. In iron deficiency anemia various iron preparation described in Āyurvedic text should be administered. Similarly if there is deficiency of protein and/or vitamins, these should be administered in suitable doses.

The digestive power of the patient is decreased due to loss of blood, therefore some medicine to improve the digestive power should also be administered along with iron, protein and vitamin preparations. In

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dishaemopoetic anemia, liver juice, juice of the mucous intestine and other animal preparation should be given.

To achieve the desired effect of the medicine the bowels of the patient must be kept clean by some laxative or purgative drugs.

(i) For clearing the bowels of patient suffering from anemia—Gomutra Triphala in dose of 2 ozs. should be given twice. It is very good laxative.

(ii) The juice of embelic myrobalan (Āmalā) with black resins and honey or sugar is very efficacious in anemia, if taken regularly. *Dose* : 1 ozs of juice with 10 to 15 black resins.

(iii) The decoction of embelic myrobalan mixed with the powder of the root of Plumbago Zeylanica (Chitraka) given at night with cow milk is very good appetiser and efficacious in anemia. Three parts of decoction are mixed with one part of the root powder. *Dose* : 2 ozs.

(iv) Triphalā ghrita, Dādimādya ghrita and Pancha tikta ghrita are very good medicine to be given for Snehana karma before Shodhana for a patient suffering from Pānduroga (Anemia).

The general treatment of Pānduroga consists of Snehana, Shodhana as a Purva karma and Aushadopachāra as the chief treatment (Pradhāna karma) and after treatment (Paschāta karma). For Snehana Triphala ghrita, Panchatikta ghrita and Pancha gavya ghrita can be used as and when required. For Shodhana—Triphala churna, Trivrita churna and Madhu-yastyādi churna may be used. For main treatment the following medicines have been recommended as and when required :

(1) *Navāyas Churna or Lauha* : It is a preparation of iron, very effective in iron deficiency anemia. It improves the digestive power and increases haemoglobin of the blood. *Dose* : 15 to 20 grs. with honey and butter milk.

(2) *Navāyas Mandura* : As above. *Doses* : 20 to 30 grs. with water or butter milk.

(3) *Punarnavā Mandoora* : is a very efficacious medicine for Pānduroga. It improves the blood condition by increasing haemoglobin and red blood corpuscles of the blood. It is effective even in the condition of oedema due to anemia. *Dose* : 15 to 45 grs. with honey and milk or butter milk.

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(4) *Yogarāja Rasa* : Is very good medicine for anemia. It improves the digestive power. *Dose* : 1 to 2 pills of 15 grs. with water.

(5) *Pāndu Pañchānana Rasa* : is very efficacious for anemia. It improves the blood condition by increasing haemoglobin and R. B. C. of the blood.

(6) *Shudha Kāshisha* : Purified in Bhringaraja Swarasa—in doses of 10 to 15 grs. given with butter milk increases the haemoglobin of blood very quickly. As it tints the teeth and gums, it is preferably given in capsules.

(7) *Lauhāsava* : is very beneficial in anemia specially anemia due to prolong fever or cachexia. *Dose* : 4 drachms with water after meals. It increases the haemoglobin contents of the blood.

Kāmalā (Jaundice)

This disease is also a colour indicating disease of the body like that of Pānduroga. The Kāmalā or jaundice is a condition characterized by a raised bilirubin level (Mala Pitta or Yakrita Pitta) in the blood. Minor degrees are detectable only chemically-latent; major degrees are visible in the yellow skin, sclera of the eye, urine and mucous. This may be either due to obstruction in the biliary duct or tract or excessive haemolysis of the red blood cells or toxic or infective damage of the liver cells. In Āyurvedic texts this disease has been clinically described under three classes viz. (1) Kosthāsrayā Kāmalā, (2) Shākhāsrayā Kāmalā and (3) Kumbha Kāmalā. Out of these Shākhāsrayā Kāmalā may be corelated with obstructive jaundice and other with haemolytic jaundice. Infective or hepatic or toxic kamala have been described under Hāridraka Jwara.

Treatment : The main treatment of Kamala is to check the haemolysis (destruction of the blood cells) and eliminate accumulated bile (Mala Pitta) from the body in haemolytic type (Kosthasraya) and to remove the obstruction in the obstructive jaundice (or Shākhāsrayā Kāmalā). Similarly in infective or toxic jaundice the infection or the toxin has to be removed and antigonised.

It is essential to keep the bowels open in jaundice, therefore before giving any medicine for jaundice, the patient must regularly be given an aperient, such as the pulpe of the pods of Cassia fistula (Āragvadha

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majjā) boiled with milk, or castor oil and milk or milk in which Terpeth root (Trivrit) has been macerated, or powdered turpeth root with sugar etc.

(i) The mixture of the 3 to 10 grs. of the root bark of Calotropis gigantica (Arka), 10 grs. of black pepper, and 30 grains of Sarjikshā r (Carbonate of soda) is given with 8 ozs. of butter milk each time twice daily to cure jaundice.

(ii) Ginger powder with milk and gur (molasses) is given in Jaundice. *Dose* : 30 to 45 grs.

(iii) The pill mass made of 5 ozs. of the root of Calotropis gigantica (Arka), 3 ozs. of Cumin seeds (Jiraka), 2 ozs. of Sarjikshāra (Potasium carbonate) 3 ozs. of the tubercles of the nut grass (Mustak) and $1\frac{3}{4}$ ozs. of opium is very useful; 4 grains pills are made out of this pill mass; one such pill is to be given three times a day with water or the decoction of Conessi bark (Kurchi). The patient should be given diet of curds, butter milk and rice.

(iv) *Phala trikādi Kvātha* : is a very good decoction to be administered to a patient suffering from Kāmalā. *Dose* : 2 to 4 ozs. twice or thrice daily. It is laxative and eliminates bile from the body.

(v) *Kālamegha navāyas* : It is an iron preparation with Kalmegha. This is a very good remedy for Pāndu and Kāmalā (anemia and jaundice). *Dose* : 5 to 7 grs. (Pills) with water.

(vi) *Kāmalā-hara Rasa* : is a specific medicine for Kāmalā (Jaundice). *Dose* : 15 grs. thrice daily with butter milk (defatised).

(vii) *Ārogya-Vardhini-Vati* : is a very good medicine for liver disorders. It eliminates excess of bile from the blood and checks haemolysis. It cures jaundice and loss of appetite. *Dose* : 1 to 2 pills with honey twice or thrice daily.

(viii) *Kumāryāsava* : is a reputed medicine in disfunction of liver, jaundice, cirrhosis, constipation, colic, consumption, disgust for food and different types of liver and spleen disorders.

Visuchikā-Alasaka-Vilambikā

In Āyurveda these three diseases have been described under Āma-doshas. 'Āma' is a condition produced due to deficient digestive power

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during the course of indigestion. Āma produced thus when effects or vitiate the Annavaha and Purishavaha Srotassas and produce vomiting (Vamana) and purging (virechana) with thirst, pain in abdomen, giddiness, cramp, nausea, burning sensation in the bowels, syncope and cyanosis, retention of urine etc., it is called Visuchikā. This name is given because of the needling pain throughout the body in this disease by vitiated Vāyu. The signs and symptoms are identical with cholera. According to modern medicine cholera is an acute epidemic disease caused by vibrio-coma occuring in the east. The main symptoms are the evacuation of copius rice-water-stools accompanied by agonising cramp and severe colapse. This spreads mainly by contaminated water, over-crowding and insanitory conditions. Mahamahopadhyaya Gananath Sen Saraswati has given it a separate name—Kālātisāra.

Treatment : As mentioned earlier that Visuchikā is due to Āmadosha, the physician should try to remove Āma-dosha by emesis and purgatives as and when required. Some measures to Āma-pāchana should also be adopted such as Langhana and Pāchana Aushadhas. Visuchikā is also caused by contaminated water, therefore some measures should be adopted to disinfect the water. As there is severe thirst in cholera the patient should be given ice or lemon to quench the thirst. The boiled water may be given to sip. Some medicine to eliminate the toxin is most essential. Diuretic medicine should be administered for this purpose.

(i) The paste made of 45 grains of mace (Jāvitri) with water is very good in cholera or Visuchikā.

(ii) To check diarrhoea in cholera, the pills made of nutmeg (Jāyaphala) powder are efficacious. 15 grs. of the powder are made into pills with gur (molasses);one pill is given every half-an-hour followed by a short drink of warm water; about four such pills are usually enough for checking diarrhoea.

(iii) Garlic, Cumin seeds (jeeraka), rock salt, black salt, ginger, black pepper, long pepper and fried asafoetida (Shudha hingu), are mixed together in equal parts and made into a pill mass with the addition of lemon juice; 4 grains pills are made out of this mixture. These pills are given repeatedly, two pills at a time till the diarrhoea and or vomiting is checked.

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(iv) Equal parts of opium, nutmeg (Jāyaphala) cloves, safron and camphor are macerated together into a pill mass; 4 grs. pills are made out of this mixture; one such pill is given with hot water each time. This cures cholera.

(v) *Lavangādi Churna*: is a standard medicine given to cure cholera. This is a very good carminative and checks vomiting and purging of cholera patient. It checks nausea, cures disgust for food and anorexia. *Dose* : 15 to 30 grs. with water.

(vi) *Lasunādi Vati* : 1 to 2 tablets with water (boiled) is very efficacious to check diarrhoea. It antigonises the toxin produced in cholera and disinfects the intestines.

(vii) *Karpoora rasa* : is a very effective medicine to check diarrhoea. *Dose* : 1 pill to be taken with water twice or thrice every four hours.

(viii) *Visuchikāntaka rasa* : *Dose* : 1 pill every 2 to 3 hours with water upto 6 times in 24 hours. It is very efficacious in cholera. It is a specific drug to cure cholera or Visuchi.

(ix) Arka Karpoor or Karpoorāsava: are very effective medicine for the treatment of cholera. Its immediate administration stops purging and intestinal convulsion, reduces thirst and provides relief. It can be taken as preventive during epidemic.

(x) *Ahiphenāsava* : is a very strong medicine to check diarrhoea, stomachache. *Dose* : 1 to 5 minims in water. This medicine should be used very cautiously under the guidance of a physician.

Alasaka

This is a condition in which the Āmadosha is retained in the Alimentary tract at various places along with undigested food and the patient becomes unable to expel it either through mouth (by vomiting) or through rectum (by purging). In this condition the patient becomes very restless. As a result there is tympanitis, accumulation of gas or wind in the bowels, distention, ostentation, rumbling sound in the bowels etc.

Treatment : The physician should try to administer some Vātānuloman medicine, laxative or purgative as and when required. Sometimes some emetic medicine is also required.

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(i) *Panchasakāra Churna* : *Dose* : 45 to 90 grs. with warm water twice or thrice may be given.

This is a very good remedy to cause evacuation of the bowels.

(ii) *Madhu-yastyādi Churna* : *Dose* : 45 to 90 grs. with warm water 2 to 3 times may be given at the interval of 3 to 4 hours. This is very good laxative and moves the bowels freely. It cures tympanitis and flatulence.

(iii) *Sukha-Virechana Vati* : 1 to 2 pills to be taken with water.

(iv) *Trivritādi Leha* : *Dose*: 1 teaspoonful to be taken with warm water. It opens the bowels and causes clear evacuation two to 3 times without any trouble.

Udara rogas (Diseases of the abdomen)

Udara rogas mean the diseases of the Udara or Abdomen. Abdomen is the abode of the major portion of the Mahāsrotas (Alimentary tract) including stomach, duodenum, jejunun, illium, small intestines and colon (ascending, transverse and descending colon) rectum, anus; the liver, the spleen, kidneys, ureters and urinary bladder. The diseases of all these organs may be included into Udara rogas. In Āyurvedic texts only eight diseases have been described under Udara rogas viz. (1) Vātodara, (2) Pittodara, (3) Kaphodara, (4) Sannipātodara, (5) plechodara, (6) Yakritodara, (7) Badha-gudodara, (8) Chhidrodara or Parisrā-vyudara and (9) Jalodara. As Pleehodara and Yakritodara have been taken together so the number remains eight.

The diseases that are located in the abdominal cavity causing the extention of the abdomen are called or termed as Udara roga in Āyurvedic texts. All the above mentioned eight or nine diseases cause the extention of the abdomen and therefore they are called Udara rogas. The swelling of the Udara-guha or abdominal cavity becomes the invariable sign of Udara roga.

(1) *Vātodara* : In Vātodara there is swelling over the abdomen, hands, feet, and scrotum. The patient feels that his abdomen is being torn out. The swelling of the abdomen increases and decreases irregularly and patient complains of pain in abdomen and sides. There is retention of wind or gas and stool in the bowels, bodyache, pain in joints, and heaviness in the lower part of the abdomen. There is tym-

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panic note (sound) on percussion of the abdomen. The patient complains of the movement and rumbling of wind in the abdomen.

Treatment : In all types of Udara rogas, Virechana (Purgation) is the routine treatment.

In Vātodara the physician should give Snigdha Virechana and for this Eranda Taila (Castor Oil) with the decoction of Dasamoola is the best. Castor oil may be given with cow urine or Triphala Kvātha also. *Dose* : 1 oz. of Castor oil with equal quantity of decoction or Gomutra.

(ii) *Kusthādi Churna* : is also very efficacious in doses of 30 to 45 grains with hot water.

(iii) *Nārāyana Churna* : 30 to 45 grains with hot water removes flatulence and opens the bowels. It is a very good remedy for Vatodara.

(iv) *Pippalyāsava* : *Dose* : 4 drachms after meals to be administered with equal quantity of water.

Pittodara : In Pittodara the patient complains of burning sensation throughout the body, fever, thirst, giddiness, and bitter taste in the mouth. The bowels move frequently. Blue-yellow and green veins are visible over the abdomen. The signs and symptoms resemble peritonitis.

Treatment : In Pittodar the patient should be given purgative by administering Trivrit Kalka with milk or water boiled with castor roots.

(ii) Pippalyādi Ghrita : is given successfully in doses of 1 to 2 tolas (3 to 6 drachms).

(iii) Nārācha ghrita : may be used successfully in doses of 1 to 2 tolas.

Kaphodara : In Kaphodara the patient always complains of heaviness over the abdomen, anorexia, indigestion, dipression, bodyache and numbness over hand and feet. There is oedema over hand, feet and scrotum. The patient is troubled with cough, breathlessness, nausea and sleep. The pale and white veins are visible over the abdomen, eyes, nails and tongue becomes pale.

Treatment : (1) Nārāyana Churna, (2) Ichhābhedi Rasa, (3) Pāsupata rasa and (4) Abhayādi Vati are recommended for Kaphodara.

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Sannipātodara : All signs and symptoms of Vātodara, Pittodara and Kaphodara may be manifested in a severe degree in Sannipātodara. Multicolour veins are visible over the abdomen. There is severe anaemia and due to this the patient looks pale, prostrate and very weak. There is always possibility of perforation. This is also called Dushyodara.

Treatment : It is very difficult to manage a patient of Sannipātodara. The treatment is generally symptomatic. The complication should be treated first and then physician should try to move the bowels freely to eliminate the malas from the intestines. All those medicines that are described to treat Vātodara, Pittodara and Kaphodara may be used as and when required.

In all types of Udara rogas the salt and water should be cut short as far as possible. The patient's bowels must be kept open to avoid constipation. Care should be taken to protect the patient from perforation. To maintain the vitality of the patient nutritive and easily digestible liquid food should be provided. Diuretic medicine should be given to eliminate toxin of the body and relieve oedema (swelling) of the parts of the body.

Badhagudodara : This is intestinal obstruction which may be due to so many causes. It may be mechanical or due to presence of sticky substances in the intestine, or due to retention of formed hard stool in the intestine or due to bunch of round worms or any other obstruction in the intestines.

Accumulation of Pitta and Kapha may cause obstruction. In obstruction the faeces are retained in the colon and excreted in very small quantity and with great difficulty. There is distention of the abdomen below the cardiac and naval region. The patient does not pass wind and there is faecal smell in the respiration of the patient. Sometimes the patient vomits with the faecal stuff. The patient complains of thirst, burning sensation, dryness of mouth and palate, dyspnoea, weakness, sluggishness of the thigh, dislike for food and pain in the abdomen. The patient becomes restless due to severe pain in the abdomen, tympanitis, nausea, vomiting and inability to pass wind, stool and urine.

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Treatment : The main treatment is to remove the obstruction and retained wind or gas, faeces and urine by some external or internal measures. Every three or four hours enema (vasti) should be given to clear the colons.

If the obstruction is partial, some internal medicine, like castor oil or Hingu-triguna-taila may be given internally to move the bowels. If the obstruction is complete and any medicine fails to move the bowels, surgical intervention is required. In partial obstruction the following medicines may be used :—

(1) Hingu-triguna-taila—*Dose* : 1 to 2 ozs. twice or thrice as required.

(2) Nārāch ghrita—1 to 2 tolas with milk.

(3) Anuvāsana Vasti—Oily enema preferably with castor oil.

Chhidrodara or Parisravyudara : This is a condition when perforation takes place in the intestine. This may be due to some sharp foreign body in the intestine or as an advance condition of peritonitis or some pathological rupture of the walls of the intestine. This is a fatal disease. If timely surgical intervention are done, there is a chance to save the patient. The prognosis is very bad.

Out of eight Udara rogas three—Badhagudodara, Chhidrodara and Sannipatodara are supposed to be incurable.

Jalodara or Ascites: It is a condition in Udara roga when free fluid is accumulated in the peritonial cavity. This is also called abdominal dropsy or hydroperitonium. The signs and symptoms of Jalodara as described in Ayurvedic texts are as follows :—The abdomen is swelled due to accumulation of fluid in the peritoneal cavity. It is dull on percussion and there is thrill like that of a water contained bladder. The patient complains of dislike for food, thirst, heaviness on abdomen, pain, dispnoea, cough, weakness and uneasiness.

Treatment : The physician should always try to keep the patient's bowels open and avoid constipation. Some laxative or purgative medicine should be administered for this purpose. Diaphoretic and dueresis should be used. The patient's strength must be maintained by some nutritive and easily digestible food. Salt should be eschewed from the diet of the patient. As far as possible water should also be re-

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stricted. Milk may be replaced in place of water. The heart, liver and the kidney should be taken care of so that they may function properly. The following medicines are recommended for the treatment of Jalodara. (Ascites) :—

(1) *Punarnavādi Kvātha* : *Dose* : 1 to 2 ozs.

It is very good diuretic and laxative medicine. It improves the proper functioning of kidney and liver and cures dropsy.

2. *Mutral Kashāya* : is a very good diuretic drug and cures dropsy. *Dose* : 1 to 2 ozs. twice or thrice daily.

3. *Punarnavā-mandoora—Dose* : 10 grs. pill—

1 to 2 pills. This is a very good medicine to cure oedema due to anaemia. It improves the blood condition also.

4. *Ārogya Vardhini* : 5 grs. pills—1 to 2 pills with honey or milk. This is a very good appetiser, and carminative medicine. This improves the proper functioning of the liver and kidney and strengthens the heart of the patient. It cures dropsy and ascites.

5. *Jalodarāri Rasa* : This is a specific medicine for Jalodara (Ascites). It cures dropsy and improves the digestive power.

6. *Punarnavārishta* : *Dose* : 4 drachms after meals. It is a reputed medicine for oedema, abdominal disorders and liver complaints. It is diuretic and haematinic.

Pleehodara and Yakritodara (or Splenomegaly and hepatomegaly)

When the enlargements of spleen and liver are so much as to cause the extension of abdomen they are called pleehodara and Yakritodara or Yakriddālyudara respectively. In both the conditions the patient becomes very weak, anaemic and emaciated. This condition is always secondary to some other diseases such as chronic fevers like Visamajwara (Malaria etc.), where there is destruction of blood cells. The patient does not like to eat and suffers from indigestion, anorexia, constipation, bodyache, depression, cough, dysphonia, roughness of the skin and darkness before the eyes.

Treatment : The physician should try to find out the cause of the enlargement of spleen and liver and treat the cause first.

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(i) The juice of Solanum nigrum (Kākamāchi) is put in an earthen pot ond heated over a slow fire till the juice turns to reddish brown. After it is cooled it is strained and given in the morning and evening in doses of 6 to 8 ozs. It cures the enlargement of spleen and liver.

(ii) The Swarasa of Eclipta Alba (Bhringarāja) is very efficacious in doses of 1 to 2 drachms.

(iii) The Swarasa of Vitex nigundo (Nirgundi) in doses of one oz. with cow's urine is also very efficacous in enlargement of spleen and liver due to chronic malarial fever.

(iv) The powder of the seeds of Cleomeicosandra (Suryāvarta) mixed with the juice of Bonduc nut (Pūtikaranja) is an efficacious remedy for enlargement of spleen and liver. *Dose* : 15 to 30 grs.

(v) *Ārogya Vardhini rasa* : *Dose* : 1 to 2 pills with Punarnavādi Kvātha is very efficacious.

(vi) *Rohitaka Lauha* : is a specific medicine for enlargement of liver. *Dose* : 5 to 10 grs. with honey, twice or thrice daily.

(vii) *Kālamegha Navāyasa* : 5 to 10 grs. with honey is very effective in liver trouble.

(viii) *Kumāryāsava* : 4 drachms after meals with equal quantity of water. It is recommended in all types of spleen and liver disorders.

(ix) *Rohitakārista* : is a specific medicine for all types of liver disorder. *Dose* : 4 drachms to be given after meals. It regulates the digestive power and cures enlargement of spleen and liver.

(x) *Yakridari Lauha and Yakrit-Pleehāri Lauha* : are specific remedy for the enlargement of spleen and liver. *Dose* : 1 to 2 pills. with honey.

Yakridrogas

(Diseases of the liver).

Yakrit is the largest and the most important gland or organ of the body responsible for many vital activities of the living body. According to Āyurveda, it is the seat of the production of blood (Rakta) the vital body element (Dhatu). It is also responsible for the proper digestion of the food ingested. It is situated in the right upper section

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of the abdominal cavity. It secretes bile, form and store glycogen and plays important part in the metabolism of protein and fats. When liver does not function properly many types of diseases pertaining to the proper digestion and metabolism of protein and fat may appear; many diseases pertaining to the formation of blood; diseases due to degeneration of blood calls and excess production of bile due to haemolysis causing haemolytic jaundice; jaundice due to inflammatory condition of the bile duct or obstruction in the bile duct due to the presence of gallstone; jaundice due to infective hepatitis; enlargement of liver due to congestion or hypertrophy or abscess may be manifested; cirrhosis of the liver due to degeneration of the liver-cells etc. may be produced.

Treatment : In liver diseases, it is desirable to keep the patients on liquid diet.

(i) The decoction of Chirata and coriander seeds is very efficacious in the torpidity of the liver. The decoction is made by boiling 3 drachms of each of these two ingredients in 16 ozs. of water till the water is reduced to one-fourth i.e. 4 ozs. *Doses*: 2 ozs. twice daily mixed with honey one teaspoonful.

(ii) Aloe Vera (Kumari) is very useful in liver disorders. The juice of the leaves is given in doses of 1 to 2 ozs. The mixture of the 3 ozs. of sliced leaves and 3 drachms of common salt is heated to boiling point; the strained juice is taken with the addition of one ounce of sugar every morning. These are effective even in swelling of the various parts of the body due to liver disorders.

(iii) *Abhayā Lavan* : is very efficacious in liver disorder. *Dose* : 10 to 15 grains.

(iv) *Kumaryāsava* : is one of the best medicine in liver disorders. It is very efficacious in jaundice, cirrhosis of the liver and other liver troubles. *Dose* : 4 drs. after meals.

(v) *Amritārista* : is also very good remedy for liver disorders. It improves the proper functioning of the liver. It is effective in chronic and biliary fever also.

Shotha (Oedema and dropsy).

Shotha or dropsy is an abnormal accumulation of serous fluid in cellular tissues or body cavities. In Āyurvedic texts 'Shotha' is a term

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used for any kind of swelling or oedema in the body. It may be in one part of the body (Ekadesha) or many parts of the body (Bahu deshotha) or in all parts of the body (Sarvasara). There are many causative factors of the various types of Shothas. It is clinically classified under following heads :- (1) Vātika (2) Paittika, (3) Shlesmika (4) Vāta-Paittika, (5) Vāta-Shlesmika (6) Pitta-Shlesmika (7) Sannipātika and (8) Āgantuja. The signs and symptoms are also described of all these Shothas. In this chapter only those Shothas or Oedema or dropsy shall be dealt with which are due to anemia, Udara rogas or due to the disorders of liver, kidney and heart. Thus the treatment of hepatic, renal and cardiac dropsies or oedema shall be described.

The general clinical signs and symptoms of hepatic oedema or dropsy starts from abdominal area; the renal dropsy or oedema starts from the face below the area of eyes and the cardiac oedema or dropsy starts from the feet.

Treatment : The physician should try to treat the main disease such as liver, kidneys and heart. The defects of these vital organs should be removed and at the same time some diuretic medicine and purgatives should be administered to flash out the excess fluid of the body and to keep the bowels clean.

(i) Terpeth root (Nisotha or Trivrit) in powder form in doses of 1 to 2 drachms with 15 to 20 grains of chebulic myrobalan (Haritaki) is very efficacious in dropsy. It clears the bowels and reduces the dropsy.

(ii) Astera-cantha longifolia (Tālamakhāna) is a very good remedy for dropsy. The ash of the plant is given in 25 to 45 grs. doses mixed with cow's urine. It is a diuretic medicine.

(iii) Achyranthus aspera (Apāmārga) is a very efficacious medicine in dropsy. The decoction made by boiling 1 oz. of the plant in 10 ozs. of water in a closed vessel for a quarter of an hour is given in doses of 1 to 2 ozs. three times a day. Apāmārga Kshāra (Ash) in doses of 10 grs. with honey is also very efficacious in dropsy. It is diuretic.

(iv) The powder of the root of Boerharvia diffusa (Punarnavā) specially of white varieties and rock salt with honey is very good drug for dropsy.

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(v) The gruel made of the root stock of Alocacia Indica (Mānakanda) is very efficacious in dropsy. *Dose* : 3 ozs. of the powdered root stock, 7 ozs. of rice flour and 20 ozs. of milk and water are cooked together ; 4 ozs. to a pint of this gruel is given according to the digestive capacity of the patient.

(vi) *Punarnavāstaka Kvātha* : *Dose* : 1 to 2 ozs. twice or thrice daily. This is very good diuretic and laxative medicine effective on various kinds of oedema and dropsy (specially renal type).

(vii) *Punarnavā mandura* : 1 to 2 pills with honey or milk. It is efficacious in oedema or dropsy due to anemia or liver trouble (Hepatic dropsy).

(viii) Mutrala Kashāya, Punarnavārista are also very efficacious.

(ix) Ārogya Vardhini and Kumaryā-sava are very effective in hepatic and cardiac dropsy.

(x) *Punarnavādi Taila* and Suskamulādi taila are very good oils for massage in oedema and other inflammatory conditions. It is anti-anemic also.

(xi) *Sothāri Lauha or mandoora and Shotha-Panchānana rasa* are reputed medicine for various types of Shotha rogas. They are very efficacious for improving the blood condition also.

For detail refer to appendix.

Swelling and inflammations

The reaction of living tissues to any injury, infections, irritations, characterised by pain, swelling, redness and heat is called inflammation. This has been defined in Āyurvedic texts as 'Davathu' an early feature of any Shotha specially Āgantuja. Swelling is the abnormal increase or enlargement in volume associated with accumulation in the tissue of serous fluids. This is also Shotha.

Treatment : The following drugs are locally applied to reduce the swelling and to relieve pain :-

(i) The juice of the onions and mustard oil is mixed in equal quantity and applied to the affected part.

(ii) The poultice of radish (Muli) and sesame oil (Tila oil) made and applied to the affected part.

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(iii) The milky juice of Euphorbia Antiquorum (Tridhara) is made slightly hot and applied to the affected part.

(iv) *Dasāngalepa* : is very efficacious application on swellings.

(v) *Archālepa* : relieves swelling and pain very quickly.

(vi) Shothaharayoga : is very successfully used in all types of swellings.

(vii) *Saptaguna Taila* : is very efficacious remedy to relieve pain and swelling due to any injury or infection, specially sprains etc.

Amavāta (Rheumatism).

Āmavāta of Āyurveda may be correlated with the Rheumatic diseases, specially rheumatoid arthritis of the modern medicine. Rheumatism is a non-specific term embracing a diverse group of diseases and syndrome which have in common disorders or diseases of connective tissue and hence usually present with pain and stiffness or swelling of muscles and joints. The main groups are rheumatic fever, rheumatoid arthritis, ankylosis and spondilitis, non articular rheumatism osteo-arthritis and gout. The signs and symptoms as described in Āyurvedic texts are identical.

Treatment : The main treatment in Āmavāta is Āmadoṣha-pāchana and Āmavisha-nishkāsana. For this external and internal measures have been described.

(1) The following drugs are described as antirheumatic :—

(*a*) Eranda (castor) seeds, bark of the root and oil (castor oil) used internally singly or in combination of other medicine.

Doses decoction : 1 to 2 ozs. Oil ½ to 1 oz.

(*b*) Rāsanā (Alpina galanga) root used singly or in combination of other drugs as decoction—a very efficacious drug. *Dose* : 1 to 2 ozs.

(*c*) Guggulu (Balsam odendrum mukul) the gum is used : *Dose* : 15 to 20 grs.

(*d*) Karanja (Pongamia pinnata) is very efficacious in Rheumatism. The root bark is applied as poultice over rheumatic swellings. The hot decoction of the leaves is used to foment or to bathe the affected part.

(*e*) The mixture of equal parts of oil expressed from its seeds and of lemon juice is used as an embrocation.

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(ii) Rāsnāsaptaka Kvātha and Rāsanādi Kvātha are very efficacious medicine for Rheumatism. *Dose* : 1 to 2 ozs. twice or thrice daily.

(iii) *Vaiswānara Churna* : is a very good Āma Pāchana and cures Āmavāta. *Dose* : 1 to 2 drachms.

(iv) *Sinhanāda Guggulu* : is a reputed medicine for Āmavāta. 1 to 2 pills with Rāsnāsaptaka Kvātha twice daily.

(v) *Yogarāja Guggulu* : is a famous medicine for Āmavāta. *Dose* : 1 to 2 pills with water or Rāsanādi Kashāya twice daily.

(vi) *Āmavāta pramāthini rasa* : 1 to 2 pills to be taken with water twice or thrice a day.

(vii) *Saindhavādi Taila* : is very efficacious application over the affected part.

(viii) *Vijaya Bhairava Taila* : is a very good oil. It relieves the pain of the joints and cures swelling also.

(ix) *Mahā Vishagarbha taila* : relieves pain and swelling of the joints very quickly.

Gout (Vātarakta)

Gout is a form of metabolic disorder in which sodium biurate is deposited in the cartilages of the joints, the ears and elsewhere. The big toe is characteristically involved and becomes acutely painful and swollen. In Āyurveda it may be correlated with Vātarakta. In Āyurvedic texts Vātarakta is clinically classified under two types.

(1) Uttāna and (2) Gambhira. In Vātarakta small joints are involved and if early steps are not taken skin affections are also manifested as a complication. In Vātarakta the main dosha is Vāta and the main dushya is Rakta (blood).

Treatment : The physician should treat the provoked Vāta and vitiated Rakta (blood). For this alterative drugs (Rakta Shodhaka) and Vāta Prasādhaka drugs should be used.

(i) The compound decoction made of Neem leaves and the leaves of Trycosenthes dioeca (Patola Patra) is given with honey in Gout.

(ii) The decoction of the root bark of Pipal tree is an excellent remedy for Gout. *Dose* : 1 to 2 ozs. twice or thrice daily.

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(iii) *Sinhāsyadi Kvātha* : is a very good decoction for Vātarakta given in doses of 1 to 2 ozs. twice or thrice daily.

(iv) *Mahamanjisthādi Kvātha* : 1 to 2 ozs. twice or thrice daily. It is one of the best alterative medicine. It purifies the blood and cures diseases due to blood impurities.

(v) *Guduchyādi Lauha* : *Dose* 7 to 10 grs. with Guduchi Kvātha, twice or thrice daily. It cures Vātarakta.

(vi) *Kaishore Guggulu* : is a reputed medicine for Vātarakta. It is alterative and removes the defects of blood and cures pain and swelling of the joints. *Dose* : 15 to 45 grs. with water twice or thrice daily.

(vii) *Pancha Tikta Ghrita Guggulu* : ½ to 1 tola (1 to 3 drachms) to be taken with milk. It is very good blood purifier.

(viii) *Vataraktāntaka rasa* : is a specific medicine for Vātarakta (Gout). *Dose* : 4 to 10 grs. with Guduchi swarasa and honey, twice a day.

(ix) *Sarivādyarishta* : *Dose* : 4 drachms with equal quantity of water after meals. It is a very famous medicine for its blood purifying properties. It is efficacious in all diseases due to blood impurities like Vātarakta and other skin diseases. It is also beneficial in rheumatic blood disorders.

(x) *Guduchyādi Taila* : is a very good application to the affected parts in Vātarakta specially skin diseases. It removes the pain of the joints and swelling as well.

(xi) *Pinda Taila* : is a famous medicine for Vātarakta to be applied on the swollen and painful joints and skin diseases in Vātarakta.

Shlipada (Elephantiasis)

The swelling of a limb, usually leg, as a result of lymphatic obstruction (lymphoedema), followed by thickening of the skin (Penchydermia) and sub-cutaneous tissue is called elephantiasis or Shlipada. It is a complication of filariasis in tropical countries. It is generally found in those places where water accumulates and moisture in the land is present in all seasons say in a damp climate.

Treatment : The patient should be given boiled water to drink always. The bowels must be kept open to avoid constipation.

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(i) *Shlipadāri Lauha* : is a reputed medicine for elephantiasis. 1 to 4 pills with hot water twice or thrice a day.

(ii) *Shleepada-gaja-keshari* : 2 to 5 grs. with Punarnavā swarasa, twice or thrice daily.

(iii) *Nityānanda rasa* : 2 to 5 grs. with cow-urine or hot water to be taken twice daily. It is a specific medicine for filariasis.

(iv) *Shuska-mulādi-taila* : is a very good oil to be applied over the swelling of the Shlipada.

(v) *Punarnavārishta* : is also very efficacious in Shlipada. *Dose* : 4 drms. after meals.

(vi) *Malla-Sindura* : 1 to 2 grs. with honey and Punarnavā Swarasa twice daily cures filariasis.

The following preparations are used as an external application over the effected parts in elephantiasis :-

(i) The Paste made out of the fresh plant of Bhringraja (Eclipta Alba) with Tila taila (Sesame oil).

(ii) The Paste made of Balā moola (root of Sida cordifolia) with the juice of Tāla (Palmira Palm) mixed with little Haratala (yellow sulphide of arsenic).

(iii) The ointment made of one drachm of the powder of the leaves of Brāhmi (Centella asiatica) with one ounce of some blende oil is very efficacious.

(iv) The Paste made out of the root bark of Calotropis gigantica (Arka) with conjee. This is more efficacious in elephantiasis of the leg and scrotum.

Gudabhransa (Prolapse of the anus and rectum).

In dysentry and piles etc. when a patient uses force at the time of defecation, the last portion of the colon-rectum and anus descends outside the external anal sphincter. It is called Gudabhransa or Prolapse rectum or anus.

Treatment : (i) Paste made out of Rakta-Chandan (Red sandalwood) with sesame seeds (Tila) and liquorice root (Madhu yasti) is a very good application to reduce prolapse of the anus.

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(ii) The paste of Lajjalu (mumosa pudica) and Madhu yasti (liquorice root) is a very good remedy to reduce prolapse.

(iii) Rasānjana or Rasota mixed with ghee; and Rāla mixed with ghee are very good application to reduce prolapse.

(iv) An enema made out of decoction of Babul tree bark or compress made out of the decoction of the root bark or leaves of guava tree is applied to prolapse anus very successfully.

(v) If the prolapsed anus cannot be reduced, the protruding part should be well oiled and fomented so that it becomes soft and then it should be reduced with the help of cotton wool stick or soft cloth.

(vi) *Chāngeri ghrita* is administered orally in Gudabhransa.

(vii) *Chhuchundari Taila* and *Kāsisādi* taila is applied to reduce prolapse anus.

Virechana and Sara Aushadhas. (Purgatives and laxative drugs).

A drug causing evacuation of fluid faeces is called Virechana or purgative. Laxatives are those drugs which are mild aperient (stimulator of the movement of bowels).

(i) The following drugs are purgatives :—

(*a*) Croton oil (Jayapal Taila) : the oil expressed from the seeds of croton (Jamālgotā) is given in minute doses as it is a drastic cathartic. *Dose* : half to one drop of the oil is given with sugar.

(*b*) The root of the croton. *Dose* : 10 to 15 grs.

(*c*) The seeds after due purification : *Dose* : 1 to 2 grs.

(ii) Terpeth root (Trivrit) powder : *Dose* : 20 to 60 grs.

(iii) The seeds of morning glory (Kālādānā)—Powder—2 ozs. of the seeds, one oz. of rock salt and half an ounce of ginger—mixed together and use in doses of 90 grs. in liver and spleen disorders as purgative.

(iv) The leaves of the Indian Senna (Sanai) is a very good purgative. Decoction of 4 drachms of leaves of Sanai, 1 oz of black resin (Monakka) without seeds, and one drachm each of powdered ginger and cloves, is given in doses of 1to 2 ozs. mixed with sugar is a very good purgative.

(v) The decoction of equal parts of chebulic myrobalan (Haritaki), the pulp of the pods of Cassia fistula (Āragvadha), the root stock of Picrorrhiza Kurroa (Kutaki), Terpeth root (Trivrit), and embelic myrobalan (Āmalā) is very efficacious purgative. *Doses* : 2 to 4 ozs.

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(vi) The following standard preparations are used successfully as purgatives :—

(*a*) *Pancha Sakār Churna or Panchasama Churna. Dose* : 2 to 3 mashas (30 to 45 grs).

(*b*) *Tikshna Virechana Churna* : *Dose* : 1 to 3 mashas (15 to 45 grs.) is given in chronic constipation.

(*c*) *Trivritādi Churna* : *Dose* : 45 to 90 grs. in the morning with hot water. It is specially given in indigestion, biliousness and similar disorders.

(vii) Castor oil—4 to 8 drachms is a very safe laxative.

(viii) Two and a half ounces of black resin without seeds and dried figs and 4 drachms of liquorice root are boiled together in a pint of water till it is reduced to one fourth. *Dose* : 2 to 4 ozs.

(ix) Triphhala churna or Kvātha is a very safe laxative. *Dose* : powder 1 to 4 drachms with hot water. Decoction 1 to 2 ozs.

(x) The infusion of dates, Ālubokhara (plums) black resins, dried figs, pulpa of the pods of Cassia fistula are very good and safe laxatives.

(xi) *Gulakanda* is a very delicious laxative to be taken in doses of 1 tola with milk or water.

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CHAPTER IV

DISEASES OF THE ORGANS OF THE CHEST CAVITY

In this chapter the diseases of the organs of chest cavity i.e. Urogata rogas will be dealt with. In Urogata or chest cavity the main organs are two lungs along with bronchi and trachea, the heart and diaphragm. Treatment of those diseases in which these above mentioned organs are involved will be described.

Kāsa roga (Cough).

Kāsa or cough is an effort to expel air with violence and noise due to the diseased condition of respiratory tract. The literal meaning of Kāsa is to make abnormal sound. This may be due to various disorders of the different parts of the respiratory tract. Congestion of the throat and bronchi may produce cough. Similarly inflammation of the tonsils, (as in tonsilitis) bronchi (as in bronchitis) etc. may cause cough. Accumulation of mucus in respiratory tract also manifest cough. In Āyurvedic text the diseases with the main symptoms of cough (Kāsa) have been described as a Kāsa roga. This has been clinically divided under five heads viz. (1) Vātaja Kāsa (2) Pittaja Kāsa (3) Kaphaja Kāsa (4) Kshataja Kāsa and (5) Kshayaja Kāsa.

In Vātaja Kāsa, the cough is dry and there is no expectoration. The patient complains of two much exertion at the time of coughing and a very little expectoration,. The coughing is with sound and patient feels headache, pain in the sides of chest, in cardiac area and in chest. There is hoarseness, dryness of mouth and throat, darkness before the eyes, weakness etc. The cough is paroxymal.

In Pittaja Kāsa, the patients complain of coughing of the yellow mucus with burning sensation in the throat and chest. The taste of mouth becomes bitter and pungent. There is hoarseness also and feeling of the smoke like irritation in the chest. He suffers from thirst, anorexia, fever, giddiness and syncopy. Dryness of the mouth and dizziness before the eyes.

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In Kaphaja Kāsa-there is coughing of slimy and thick mucus of white and whitish pale colour. The patient complains of dislike for food, sweet taste in mouth and horripilation at the time of coughing. He feels that his chest is full of mucus and heaviness over the chest, and suffers from cold, and coryza.

Treatment : The physician should try to pacify the doshas provoked and remove the congestion, irritation and inflammation of the respiratory tract by some external and internal measures. If the cause is some infection, that should be combated.

(i) The mixture of equal parts of honey and the juice of baked lemons is very efficacious remedy to remove the congestion and irritation. *Dose* : one teaspoonful is given repeatedly.

(ii) The juice expressed from betel leaves given in 10 to 30 drops with honey relieves cough and catarrhal condition and inflammation of the throat and respiratory tract.

(iii) The linctus made of salt, long pepper, embelic myrobalan and honey relieves cough, hoarseness and sore-throat. *Dose* : 1 teaspoonful repeatedly.

(iv) The Paste made of beleric myrobalan (Bibhitaki) and liquorice root (Madhu yasti) with cow's urine removes phlegm and clears the chest in cough.

(v) The Paste made of equal parts of black resins (without seeds) dates, black pepper, embelia ribes, long pepper, and honey is a very good expectorant. It gives quick relief in cough. *Dose* : 1 teaspoonful.

(vi) (*a*) The powder of the leaves of Adhatoda Vasica (Vāsā) in 10 to 30 grs. doses with honey is an excellent remedy in cough.

(*b*) The swarasa of the leaves in doses of 2 drs. mixed with honey and juice of fresh ginger is very efficacious in cough.

(vii) The following preparations are very efficacious for the treatment of cough :—

(*a*) *Lavangādi Churna* : *Dose* 15 to 30 grs. with honey. It cures cough and hicough, vomiting etc.

(*b*) *Sitopalādi Churna* : *Dose* 15 to 30 grs. with honey and butter twice or thrice daily. It is very effective in bronchial and respiratory complaints. It cures cough, burning sensation and fever.

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(*c*) *Tālisādi Churna* : *Dose* 15 to 30 grs. with honey, twice or thrice daily. It is very efficacious remedy in bronchitis and other respiratory disorders. It improves the digestive power and increases appetite.

(*d*) *Ashtāngāvaleha* : is a reputed medicine for respiratory and bronchial ailments. It cures bronchitis, nausea, vomiting and throat troubles. *Dose* : one teaspoonful, twice or thrice daily.

(*e*) *Kantakārya-avaleha* : is used successfully in chronic coryza, cough, bronchitis, nasal discharge and hi-cough. *Dose* : 1 teaspoonful, twice or thrice daily.

(*f*) *Vāsāvaleha* : is a very good remedy for bronchitis, haemoptysis and other respiratory troubles. *Dose* : 1 teaspoonful twice or thrice daily.

(*g*) *Lavangādi Vati* : it is given to keep in the mouth and chew slowly. It relieves cough and clears the throat. *Dose* : 1 to 2 pills at the interval of two hours.

(*h*) *Elādi Vati* : is very efficacious in dry cough, bronchitis and Rakta-pitta. It is expectorant. It relieves fever and vomiting, *Dose* : 1 to 2 pills, twice or thrice daily.

(*i*) *Chandrāmrita rasa* : is a famous medicine for all sorts of cough specially bronchitis and pharyngitis. *Doses* : 1 to 2 tablets with honey twice or thrice daily.

(*j*) *Kaphaketu rasa* : has been recommended in cough, bronchitis, and other respiratory disorders. *Doses* : 1 to 2 pills with honey, twice or thrice daily.

(*k*) *Kapha Kuthāra rasa* : is very good for Kaphaja Kāsa. It is given when there is profuse expectoration in cough. *Dose* : 1 to 2 pills with honey twice or thrice daily.

(*l*) *Drakshārista* : 4 drachms after meals and Drakshāsava - 4 drs. after meals—are very popular medicine to be administered to a patient suffering from respiratory troubles. It is recommended in debilitated or rundown condition, loss of weight, poor appetite, general debility, bronchitis and other respiratory ailments.

(*m*) *Vasārishta* : It is most powerful remedy for all kinds of cough, bronchitis and throat diseases etc. It is expectorant and antispasmodic. *Dose* : 4 drachms after meals.

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In Kshataja type of cough there is haemoptysis due to some injury in the respiratory tract. The patients spit blood in sputum.

Treatment : The physician should try to stop the bleeding by administering some haemostatic medicine. For this the following drugs are used :—

(i) *Lākshā-Pravāla Yoga* : 5 to 15 grs. with Vāsā Swarasa, twice or thrice daily. It checks haemoptysis and cures cough of Kshataja type.

(ii) *Pravāla-Panchāmrita* : is a reputed medicine for cough when patient spits blood in sputum. *Dose* : 4 to 10 grs. with milk or honey or Durva swarasa.

(iii) *Muktā-Panchāmrita rasa* : 3 to 5 grs. with Vāsā swarasa and honey. It is very effective medicine in all pulmonary diseases specially Kshataja and Kshayaja Kāsa. It mitigates chronic fever, wasting diseases and improves health.

(iv) Muktā Pisti, Trina Kānta Mani Pisti, Muktā Sukti Pisti, and Akika Pisti are supposed to be best drugs to be administered in respiratory troubles with haemorrhages i.e. heamoptysis. They are also indicated in burning sensation due to aggravation of Pitta.

(v) *Amrita Prāsa ghrita* : is a renowned medicine to be administered to a patient suffering from wasting diseases specially respiratory ailments. This is a very good tonic. It improves the health in general and increases the weight of the patient. *Dose* : ½ to 1 tola with milk, twice daily.

Bronchitis

Bronchitis is the inflammation of the bronchi; it may be primary or secondary, acute or chronic.

Treatment : The treatment is to remove the inflammation and the infection due to which inflammation is caused. A large and soft warm poultice made of linseeds seeds kept over the chest and also on the back between the shoulder blades gives relief in chronic bronchitis. The addition of little mustard powder to it increases the efficacy of the poultice.

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(ii) The fomentation of the chest with omum seeds (Yavani) gives great relief in bronchitis. The seeds are eaten to loosen the phlegm and to aid expectoration.

(iii) Hot betel leaves coated with some bland oil are applied to the chest of a child suffering from bronchitis, dyspnoea and cough.

(iv) The dry flower-buds of pomeogranate tree given in doses of 4 to 5 grs. with honey are very efficacious in bronchitis.

(v) The juice of Eclipta alba (Bhangara) mixed with honey is very efficacious remedy in bronchitis and cough.

(vi) Linseed (Alsi) tea prepared by boiling an once of seeds into a pint of water for 10 minutes, is an efficacious demulcent and expectorant in bronchial diseases, cough and cold etc. The tea is sweaten by adding liquorice root with advantage.

(vii) The powder of the equal parts of the roots of long pepper, ginger and the pulp of beleric myrobalan taken with honey gives immediate relief in bronchitis. *Dose* : 15 to 30 grs.

(viii) For children suffering from bronchitis and cough, a dose of 20 to 30 grs. of fine powdered coriander seeds given with rice water brings quick relief.

(ix) *Elādi Churna* : *Dose* : 15 to 20 grs. with honey given three times a day is very efficacious in bronchitis.

(x) *Lavangādi Churna* : 20 to 60 grs. taken and kept in the mouth for some times and slowly swallowed gives quick relief in bronchitis.

(xi) *Talisādi Churna* : 5 grs. of the powder given with ½ to 1 gr. of musk with honey is very efficacious to a child suffering from acute bronchitis. This should be repeated at the interval of 3 to 4 hours.

(xii) *Rasa Pippali* : is a renowned medicine for bronchitis, cough and fever in children. This is given to a child suffering from even broncho-pneumonia. *Doses* : 3 to 5 grs. with honey twice or thrice daily.

(xiii) Puratana goghrita (old cow-ghee) is given to apply on the chest of children suffering from bronchitis, pneumonia and other respiratory ailments.

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(xiv) *Kantakāryavaleha* : is a very efficacious linctus to be given to children suffering from bronchitis and cough. *Dose* : ½ to 1 teaspoon.

Expectorants.

Expectorants are those drugs which promotes expectoration. The elimination of secretions from the respiratory tract by coughing sputum is called expectoration. The following drugs promote the expulsion of secretion from the respiratory tract or air passages :

(i) A powder of the pulp of the fruit Randia Dumetorum (Madanaphal) in small doses of 3 to 10 grs. work as an expectorant; the powder should be very fine and sieved through cloth before use.

(ii) Karchura or Shati (root stock of the Zedoary) and of Vacha (sweet flavour) if sucked slowly loosens the phlegm and helps in its expectoration.

(iii) Adhatoda Vasica (Vāsā) is a very good expectorant drug. The juice expressed from the leaves by way of Putapakva in doses of 2 to 4 drs. is given successfully for expectoration. The phānta made of 10 to 20 grs. of flower is very efficacious for the expulsion of mucous from the respiratory tract.

(iv) The infusion of ten long pepper with honey is very good expectorant.

(v) The Swarasa of the leaves of Holy Basil (Tulasi) given in doses of one drachm with the juice of onion, green ginger and honey is a very useful expectorant, specially in cough, bronchitis and fever.

(vi) The macerated leaves of Holy Basil (Tulasi) given with honey to children are a good expectorant in chronic cough.

(vii) Betel leaves aid expectoration either by chewing them or their juice is swallowed.

(viii) Two to six grains of the bulb of Indian squil (Jangali pyaja) is a very valuable expectorant specially in dry cough or other ailments of respiratory tract. It loosens the phlegm and expel them out. It is given with honey.

(ix) The powder of the Karkataka Shringi (galls of Pistacia integrima) is an expectorant and bronchio-dilator in doses of 20 grs. combined with any dimulcent.

(x) The decoction of liquorice root (Madhu Yasti) given with sugar in doses of 1 to 2 ozs. is very good expectorant.

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(xi) *Vāsā Kshāra* : In doses of 5 to 10 grs. with honey is a very good expectorant. It is given in dry cough and dyspnoea.

(xii) *Apāmarga Kshāra* : Is also very good expectorant. *Dose* : 5 to 10 grs. with honey.

(xiii) *Kantakāri Kshāra* : is a very efficacious expectorant. *Dose* : 5 to 10 grs. with honey. It liquifies the thick mucous and expels from the respiratory tract.

(xiv) *Agastya Haritaki* : Is a very efficacious medicine for respiratory and bronchial ailments. *Dose* : 1 to 2 teaspoonful with water.

Urakshata

Urakshata is a traumatic trouble of respiratory tract or the organs of the chest due to heavy or violent exertion causing some injury. In this trouble the patient spits blood and coughs with pain in the chest. The difference from the Kshataja Kāsa is that the patient first spits blood and then cough while in Kshataja Kāsa the patient coughs severely and then spits blood with mucous. The patient gets dislike for food and deficiency of digestive power. He complains of pain in the chest along with other parts of the body. As a result of the trauma he suffers from fever, and other disorders.

Treatment : The physician should try to check the bleeding from the respiratory tract by administering some haemostatic drug. For this the following drugs are recommended :—

(i) The juice of the pumpkin fruit (Pethā) is very efficacious in checking bleeding from respiratory tract.

(ii) The Swarasa of the leaves of Kalanchoi pinnata (Zakhme hayat) is given in doses of 45 to 90 grs. with double the quantity of ghee and a little powder of cumin seeds.

(iii) The decoction of the leaves of Adhatoda Vasica (Vāsā) black resins and chebutic myrobalan (Haritaki) with sugar and honey is very efficacious. *Dose* : 1 to 2 ozs.

(iv) The Swarasa of the leaves of Vāsā is also very efficacious haemostatic in doses of 2 to 4 drs. with sugar and honey.

(v) The mixture of liquorice root and Sandal wood powder with milk is very efficacious to check bleeding. *Dose* : 15 to 30 grs.

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(vi) *Elādi Vati* and *Vāsā- Kusmānda* Khanda are very efficiacious medicine for checking bleeding from the respiratory tract. *Dose*: 1 to 2 pills and 45 to 90 grs. with milk.

(vii) *Muktā Panchāmrita* : is a reputed medicine for Urakshata. *Dose* : 4 to 10 grs. with Kusmānda Swarasa or milk.

(viii) *Kursa Kaharuvā* : *Dose* : 10 grs. with juice of Kusmanda (Petha). It is very efficacious medicine in Urakshata. It checks the bleeding quickly.

(ix) *Lākshā-Pravāla* : *Dose* : 10 to 15 grs. with Vāsā Swaras and honey to be given twice or thrice daily. It is very good for checking bleeding from respiratory tract.

(x) *Vasārishta* : *Dose* : 4 drachms with equal quantity of water to be taken after meals, twice daily. It is expectorant and anti-spasmodic. It is recommended for all types of cough, bronchitis and throat troubles. It checks haemoptysis.

Rāja Yakshmā (Phthisis).

Rāja Yakshmā literally means the king of diseases. There is a great legend behind the nomenclature of this disease. It is alsocalled 'Kshaya' roga because of its wasting nature. It is a disease in which the body elements (Dhātus) are wasted or deteriorated. Phthisis is an old term for pulmonary tuberculosis. Because of the wasting of the body-elements (Dhātus) the body of the patient is emaciated and becomes thin and week. Therefore it is called 'Shosha' also. The patient looses weight very quickly and gets fever and cough. From the examination of the sputum the tubercular bacili are found. The pulse is always rapid proportionately. The patient complains of cough, hoarseness, anorexia, pain in the chest, spiting of mucous with blood, fever, headache, body-ache and weakness.

Treatment : The physician should try to maintain the strength and vitality of the patient by providing nutritive and easily digestible food. The infection should be treated first and the trouble-some symptoms should be combated to give relief to the patient. He should be given perfect rest in bed and be kept in a clean and well ventilated place free from dust and chill.

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(i) As an expectorant and anti-spasmodic Adhatoda Vasica (Vāsā) is one of the most efficacious drug in phthisis and other chest diseases. The Swarasa of the leaves in doses of 2 to 4 drs. the powder of the root bark in doses of 10 to 30 grs.; and the decoction of the bark, leaves and roots in doses of 1 to 2 ozs. are given successfully.

(ii) Another efficacious drug Tālispatra (Abies webbiana) is given in form of juice, decoction and powder. This enters into so many preparation to be used in phthisis.

(iii) Balā (Sida cordifolia) is another useful herb to be used in cases of Rāja yakshmā. A preparation of Bala-Balādighrita is very efficacious medicine for Rājayakshmā.

(iv) The following prepared medicines are very efficacious for the treatment of Rājayakshmā :—

(*a*) *Chyavana prāsa Avaleha* : *Dose* : 2 to 4 drs. with milk. It is most powerful tonic to be administered in consumption, phthisis, chronic bronchitis and other respiratory diseases.

(*b*) *Amrita Prāsaghrita* : Is a reputed tonic for a patient suffering from phthisis (Rājayakshmā). *Dose* : 2 to 4 drachms with goats or cowmilk. It cures cough, Dhātukshaya, breathing trouble, burning sensation etc.

(*c*) *Muktā Panchāmrita* : *Dose* 3 to 5 grs. with Vāsā swarasa and Madhu twice or thrice daily. It mitigates fever, cough and wasting of body-elements, bronchitis and pulmonary diseases.

(*d*) *Vasanta mālatirasa* : 3 to 5 grs. with honey, twice or thrice daily. It cures chronic fever, cough, bronchitis, respiratory disorders, loss of vitality, consumption etc. It strengthens the heart, mind and body.

(*e*) *Mahā Lakshmi Vilas Rasa* : *Dose* 3 to 5 grs. with honey, twice or thrice daily. It is recommended in pulmonary diseases, aggravated and obstinate cough and loss of strength and vitality.

(*f*) *Mahā Mrigānka Rasa* : *Dose* 3 to 5 grs. with honey twice or thrice daily. It is administered in pulmonary diseases, chronic bronchitis, cough etc.

(*g*) *Hema Garbha Rasa* : 2 to 3 grs. with honey or butter twice or thrice daily. It is very efficacious in chronic fever with cough, breathing trouble and wasting of the body elements. It is successfully given in phthisis or pulmonary tuberculosis.

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(*h*) *Drākshārishta* : *Dose* 4 drachms after meals twice daily. It is very efficacious in chronic bronchitis, fever with cough, and other pulmonary diseases. It is indicated in run-down condition, loss of weight and poor appetite.

Tamaka Shwāsa (Asthma).

In Āyurveda we get the description of five kinds of breathing troubles viz. (1) Mahā Shwāsa, (2) Urdhva Shwāsa, (3) Chhina Swāsa, (4) Tamaka Shwāsa and (5) Kshudra Shwāsa. Out of these first three are fatal and not curable. The last two are curable. Out of these two Tamaka Shwāsa (Asthma) is very troublesome and requires much care and precautions. Paroxymal attack of difficulty in breathing is called Asthma. It may be bronchial in character where attack of breathlessness associated with bronchial obstruction or spasm with expiratory wheeze is found. It may be cardiac in character where paroxymal dyspnoea with left ventricular failure is noticable. Status Asthmaticus is repeated attack of Asthma without any period of freedome between spasms. The patient becomes restless in this condition.

Treatment : The physician should try to give some relief to the patient by administering some antispasmodic medicine (Shwasa vegahara Aushadhas) like Soma churna etc. Some expectorant and Vātānulomona drugs should be used to give immediate relief. For this the followings medicines are very efficacious :—

(i) A paste made of equal parts of long pepper, dates, black resins, go-ghrita, sugar and honey is an efficacious remedy in Asthma and cough etc. *Dose* : 1 to 2 teaspoonful repeatedly thrice or four times a day.

(ii) The juice of the baked ripe fruit of prickly pear (Nāgaphani) is given in doses of a teaspoonful three or four times a day with sugar to cure Asthma, whooping cough and other spasmodic coughs.

(iii) For immediate relief of spasmodic Asthma, the smoke of Dhatura leaves as cigarettes is very efficacious. 12 grains of the coarsly powdered dry leaves (preferabely half dried leaves) are smoked as a cigarette.

(iv) *Apāmārga* (Achyranthus aspera) is a very efficacious drug for Asthma. The dry leaves are smoked in a pipe. The ash of the burnt dry plants is given with honey in doses of 5 to 15 grs.

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(v) *Bhāgottara gutikā* : is a very efficacious medicine for Asthma (Shwāsa) and cough. *Dose* : 5 to 10 grs. pills to be taken with honey and Gojihvādi Kashāya. It is very efficacious and gives immediate relief in Kāsa accompanied with Shwāsa (Asthma) if soma churna is added to it in doses of 10 to 15 grs.

(vi) *Shringyādi Churna* : *Doses* : 15 to 30 grs. with honey is very efficacious in Asthma.

(vii) *Bhārgi guda* : *Dose* : 30 to 45 grs. with Ghee is very efficacious in respiratory troubles specially in dry and spasmodic cough.

(viii) *Kapha-kartari Rasa* : is recommended in respiratory disorders and bronchitis. It is anti-spasmodic and expectorant. *Dose* : 3 to 5 grs. with honey.

(ix) *Shwāsa Kuthāra Rasa* : is a specific medicine for Asthma. *Dose* : 1 to 2 pills with honey or butter twice or thrice daily.

(x) *Shringārābhra Rasa* : is a reputed medicine to be given in chronic bronchitis and Asthma. *Dose* : 3 to 5 grs. with honey and Vāsāpatra swarasa.

(xi) *Shwāsa-Kāsa-Chintāmani Rasa* : *Dose* : 3 to 5 grs. with honey twice or thrice daily. It is very efficacious for chronic Asthma. It is also useful in chronic bronchitis and plurisy etc.

(xii) *Vāsāvaleha* : is very good remedy in dry cough and Asthma. It expels the mucous from the respiratory tract. *Dose* : 1 to 2 teaspoonful repeatedly with ghee—3 to 4 times a day.

(xiii) *Pippalyādi Lauha* : 5 to 10 grs with honey two to three times a day. It cures bronchitis, asthma, hiccough etc.

(xiv) *Kanakāshava* : 3 to 4 drachms after meals. It is useful in acute and chronic both types of Asthma and other respiratory troubles. It is anti-spasmodic and expectorant. It gives immediate relief in status-asthmaticus state.

Hikkā rogā (Hiccough).

Hiccough or Hikkā is an involuntary spasm of the respiratory organ ending in a sudden closure of the glottis with the production of a characteristic sound. This Hikkā has been clinically divided under five heads viz. (1) Mahati, (2) Gambhirā, (3) Vyapetā or Yamalā, (4) Kshudrā and (5) Annajā. Out of these first two Mahati and Gambhirā are considered fatal or indicative of last breath. The other three are curable.

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Treatment : The main treatment of hiccough is to remove the cause of the disease. The involuntary spasm should be controlled.

(i) Sometimes drinking of cold milk and hot milk alternately stops hiccough.

(ii) Powdered root of Chiretta in doses of 5 to 30 grs. with honey stops hiccough.

(iii) Sometimes some counter irritant like snuff of pippali (long pepper) powder stops hiccough.

(iv) The linctus prepared of plums (bera) long pepper, ginger and honey is very efficacious in hiccough. *Dose* : 1 teaspoonful to be licked.

(v) The finely powdered eagle wood (Agaru) taken with honey checks hiccough.

(vi) Ikshurasa (sugar cane juice) mixed with Ârdraka (ginger) is efficacious in checking hiccough.

(vii) The mixture of equal parts of the powdered seeds of dates and long pepper are given with honey to be licked with great success.

(viii) Bijora Swarasa (Citron juice) given with honey and black salt, three times a day cures hiccough.

(ix) The following standard preparations are very useful in hiccough:

(*a*) Elādi Vati—given with honey to lick.

(*b*) Guduchi Satvā Do

(x) *Hikkā-harayoga* : (*a*) Mayurpuchha Bhasma (the ash of burnt peacock feathers) and powder of long pepper (Pippali churna) in doses of 5 grs. with honey is very effective in checking hiccough.

The physician should examine the bladder (urinary) and if it is full it should be emptied by catheter or administration of some diuretic medicine. If hiccough is due to acidity of the stomach, it should be nuteralised by administering some Kshārayogas (alkaline drug) such as Sarji Kshāra (Sodi-bi-carb) etc. Some times hiccough is found due to some psycho-somatic cause. In such cases the psycho-therapy is required.

Kukkāsa (whooping cough)

An infectious disease of children with attacks of coughing which reach a peak of violence ending in an inspiratory whoop is called whooping cough.

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Treatment : This is one of the most obstinate disease which takes at least 3 weeks to be cured if proper and immediate care is taken.

(i) The ripe fruit of prickly pear (Nāgaphani) is very efficacious in whooping cough. (*a*) The syrup prepared of ripe fruits given in doses of 1 teaspoonful thrice a day gives quick relief.

(*b*) The pulp of the baked fruit is given with sugar.

(ii) Rāsna (Alpina galangā) Kulanjana is very effective drug in whooping cough. A paste is made of the root of Kulanjana (Alpina galanga) with honey and administered to decrease the paroxyms of whooping cough. *Dose* 10 to 15 grs. with honey.

(iii) 1 to 5 grs. (according to age) of the seeds of Pongamia pinnata (Karanja) is given to children with honey twice or thrice daily to cure the whooping cough. A larger dose of 15 grs. is given to elderly children (about 10 years) suffering from whooping cough. It is very effective drug. The powder should be prepared fresh daily.

(iv) Kāsamard (Cassia occidentalis) is a very effective drug to be used in whooping cough. The leaves, roots and seeds are used. *Dose* leaves powder or kalka—10 to 15 grs.; root powder 5 to 10 grs.; seeds roasted and powdered 3 to 5 grs. with honey or mothers milk.

(v) Garlic is very efficacious for the control of spasmodic out-burst of coughing. Its juice (Swaras is snuffed from time to time and the mixture of macerated garlic and ghee is rubbed to the chest and between the shoulders blade of the patient.

(vi) The Swarasa of Apāmarga (Achyaranthus aspera) in doses of 1 dram with honey (equal quantity) is very effective. It loosens the phlegm and relieves the spasm.

(vii) The powder of the bark of the root of Calotropis gigantica (Arka) is given in *doses* of 2 grs. with honey twice or thrice daily to relieve the spasm and cough of a patient suffering from whooping cough.

(viii) The following preparations are very effective in whooping cough of children :

(*a*) *Kantakāryavaleha* : ½ to 1 teaspoonful to be licked twice or thrice daily. It is a very effective linctus in Hiccough of children. It is given in chronic coryza and cough.

(*b*) *Kanakāsava* : 20 to 30 drops in honey twice or thrice. It gives immediate relief. It is antispasmodic and expectorant.

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Hridrogas (Diseases of the heart).

The diseases of the heart (Hridrogas) may be functional and/or organic. In Āyurvedic texts Hridrogas have been clinically divided under five heads viz. (1) Vātika, (2) Paitika, (3) Shlaismika, (4) Tridoshaja and (5) Krimija. The etiology, signs and symptoms of these various varieties of Hridrogas are described.

Signs and symptoms of (1) *Vātaja Hridroga.*

Increased palpitation and twisting pain in cardiac area or in the heart along with Hritkampa (tremor in the heart) are felt in Vātaja Hridroga. The patient complains of numbness, stiffness in the heart and throbing, breaking, bursting and suppressing pain in the heart. He also complains of dispnoea and sleeplessness. Any types of loud speech or noise becomes intolerable to the patient suffering from Vātaja Hridroga. He gets easily frightened; sometimes syncope and uneasiness are found.

(2) *In Pittaja Hridroga* : the patient feels that there is smoke like heat in the heart and gets perspiration, easy fatigue, burning sensation in the area of heart, sour eructations and vomiting. He gets dizziness before the eyes, sometimes syncope, fever, fear and stupor. His eyes and skin become pale and yellow.

(3) *In Kaphaja Hridroga*: the patient feels that his heart has become stiff and does not function, there is some stone-like heavy thing kept on the heart. He gets anorexia, sleepy, fever, cough and watering of the mouth etc.

(4) *In Tridoshaja Hridroga* : All the signs and symptoms of Vātaja, Pittaja and Kaphaja hridrogas may be manifested in severe degree.

(5) *Krimija Hridroga* : In this the patient gets throbbing, pinching and cutting pain in the heart. Sometimes he feels itching sensation in the heart. His eyes are cyanosed and he gets cough, anorexia, darkness before the eyes, watering of the mouth, fever, sleepiness and no enthusiasm for work.

As regards the functional disorders the patient may get angina pectoris–a distinctive type of pain due to deficient blood supply to the muscles of the heart, heart failure, heart-block etc. Fatty heart, Fibroid heart, endocarditis, myocarditis and pericarditis etc., are the organic disorders of the heart.

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Treatment : The physicians should try to diagnose the heart disease first and come to conclusion whether the trouble is functional or organic and then treat them accordingly. The following drugs are described to be effective for the treatment of heart diseases :—

(1) The bark of the Arjuna tree (Terminalia Arjuna) is useful in heart diseases. The powder of the bark in doses of 30 to 45 grs. are given with ghee or milk or gur twice or thrice daily. There are specific preparation from the bark of Arjuna such as Arjuna ghrita and Arjunārishta which are used successfully in the treatment of heart diseases.

Arjuna Ghrita: is taken in doses of ½ to 1 tola (2 to 4 drachms) with milk twice or thrice daily. It tones the muscles of the heart and cures weakness, syncope, dispnoea and other troubles of the heart.

Arjunārishta : is a very effective in weakness of the heart and respiratory disorders. It increases vigour and vitality. *Doses* : 3 to 4 drachms after meals twice a day.

(2) The powder of the root of Gangeruki (Crewia populifolia) is given in doses of 30 to 45 grs. with milk in heart diseases.

(3) Katuki (Picrorrhiza kurroa) and madhuyasti (Glycerrhiza glabra) equal part and made powder is given with sugar in doses of 15 to 20 grs. with water is very efficacious in heart diseases.

(4) Garlic (Lasuna) is also very efficacious in heart diseases. It is given as Kshirapāka or decoction.

(5) Ashvagandha (Withania Somnifera) is also very efficacious in heart diseases. It is given as powder in doses of 30 to 45 grs. with sugar and milk or ghee twice or thrice a day. Its preparation Ashvagandha ghrita and Ashvagandhārista are used in many troubles of heart successfully.

Ashvagandha Ghrita : 1 to 2 tolas with milk. It is a cardiac tonic. It brings good sleep.

Ashvagandhārishta : 4 drachms after meals twice daily. It is very good tonic and indicated in many types of nervous troubles, neurasthenia, loss of memory, and cardiac disorders.

(6) *Akika Bhasma* : *Dose* : 2 to 4 grs. with honey is very efficacious in heart diseases specially in the weakness of the heart.

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(7) *Hridayārnava Rasa* : 2 to 4 grs. with honey, two to three times a day. It is very good remedy for heart diseases. It cures mental weakness and sleeplessness.

(8) *Chintāmani rasa* : is a very famous medicine for heart diseases. It is given in hrit-shoola (angina pectoris) in doses of 2 to 4 grs. (pills) with honey and Balāmula Kwātha. It is a very good tonic also.

(9) *Jawāhara Moharā* : is most powerful medicine to tone the muscles of the heart and maintain the proper functioning of the heart. It removes the uneasiness, palpitation of the heart, weakness of the heart, and troubles due to heart disorders.

(10) *Hridya Churna* : 2 grs. with honey is a very good tonic for heart. It strengthens the heart muscle and maintains the proper functioning of the heart. It is prepared with the powder of leaves of digitalis and Shringa Bhasma. (For detail refer appendix).

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CHAPTER V

DISEASES OF THE URINARY TRACT

Pramehas

The literal meaning of the term Prameha is profuse urination. But in Āyurvedic texts the definition of Prameha is Prakrishta means profuse and Āvila means dirty or turbid urine or Mutra. This means that profuse and/or turbid or dirty urine is the invariable symptoms of Prameha. The entire anomalis of urine has been clinically classified under three heads—Vātaja Pramehas which are four, Pittaja Pramehas which are six and Kaphaja Pramehas which are ten. Thus the total number of Pramehas are twenty though there are some more. Out of these twenty Pramehas 10 Kaphaja pramehas are considered to be easily curable, six Pittaja are curable with difficulty and four Vataja are Yāpya—not curable. Yāpya is a technical term indicative of a disease which though response to treatment but are not cured radically.

The following ten are Kaphaja Pramehas :—

1. *Ikshumeha* (Alimentary Glycosurea) : This is due to deficiency of digestive power. When a person eats too much of sugar or sweet things he gets this trouble due to deficient Dhātuagni. The signs and symptoms are that he passes sugar in urine and gets the trouble due to want of sugar in the body.

Treatment : In Ikshumeha the Vaidya or Physician should instruct the patient not to take sweet things and administer some carminative (Pāchana) drugs to improve the digestion.

(i) The extract of Tinspora cordifolia (Guduchi Satva) is a very good remedy for Ikshumeha (Alimentary Glycosurea). *Doses* : 20 grs. of Guduchi Satva mixed with 45 gr. of cow's fresh ghee twice a day.

(ii) The bark of the banion tree is specific remedy given as a decoction or infusion in doses of 1 to 2 ozs. (one in ten) or as powder in doses of 2 to 4 drachms with water.

(iii) The decoction of Vaijayanti (Sesbania sesban) is very effective in Ikshumeha. *Dose* : 1 to 2 ozs. twice or thrice daily with honey.

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(iv) The following compound decoctions are very good for the treatment of Ikshumeha :—

(*a*) Chebulic myrobalam (Haritaki) Myrica Nagi (Kataphala), the tubercle of the Nut grass (Nāgar Mustaka) and the lodhra (bark of Lodhra tree). *Dose* : 1 to 2 ozs.

(*b*) Omum seeds (Yavāni), the roots of the Khus-khus gras (Khusa), and Tinspora cordifolia (Gudichi) *Dose* : 1 to 2 ozs.

(*c*) Berberies Asiatica (Dāru haridrā), Deodāra, Triphalā, and the tubercle of nut grass. 1 to 2 ozs. to be taken after meals.

(v) Chandra-prabhā Vati—is a very efficacious remedy 1 to 2 pills with honey.

2. *Shitameha or Renal Glycosurea* : The patient passes sugar in urine due to defective threshold of the kidney.

Treatment : The physician should try to improve the threshold of the kidney. The extract of Tinspora Cordifolia (Guduchi Satva) is very beneficial remedy in Shitameha. *Dose* : 20 grs. mixed with 45 grs of Cow's fresh ghee are given twice a day on an empty bowels.

(ii) The tender flowers of the plantain are very efficacious in Shitameha.

(iii) The infusion of the bark of Babula tree one ounce in one pint of water reduced to one fourth is given in 1 to 2 ozs. Doses.

(iv) *Shilajātwādi Vati* : One to 2 tablets with Triphala Kashāya is a specific medicine for renal glycosurea.

(v) *Chandra Prabhā Vati* : 1 to 2 tablets with Triphala Kashāya acts very well and improves the condition of threshold of the kidney.

3. *Udaka-meha* or diabetes insipidus or polyurea—in this patient passes more quantity of urine. The urine is like water.

Treatment : This may be due to excess intake of water or liquid food. In such cases diet control is very necessary. The quantity of water and liquid food should be reduced. The another type is due to some nervous causes. Sushruta prescribes Pārijāta Kashāya for Udaka-meha.

(ii) The Paste made of the roots of Holostema annularia (Arkapuspi) with cold milk is a good remedy for Udakameha.

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(iii) *Vanga Bhasma* : *Doses* : 3 to 5 grs with Honey two to three times a day. It is a specific medicine for urinary disorders specially for polyurea.

(iv) *Swarna Vanga* : *Doses* 3 to 5 grs with honey is also very good remedy for polyurea and other urinary diseases.

(v) *Vangeshvara rasa* : *Doses* : 2 to 5 grs. with honey twice or thrice. It is indicated in all kinds of acute and chronic disorders of urinary tract. It is also beneficial in indigestion, and stranguary.

4. *Pistameha or Phosphaturea* : In this Meha the patient passes urine like a lotion prepared from water and flower. From modern point of view he passes phosphates in urine.

Treatment : Sushrut prescribes decoction of Dāru-haridrā and Haridra (Berberis and Turmeric). *Doses* : 1 to 2 ozs.

(ii) *Pramehāntaka Vati* : *Dose* : 1 tablet with honey twice daily. It is very effective in phosphaturea (Pistameha).

(iii) *Chandra-Prabhā Vati* : is also very good remedy for phosphaturia.

(iv) *Navāyas Churna* : 5 to 10 grs. to be given with honey twice or thrice. It disolves phosphates and improves the digestive power.

(v) *Shudha Shilājatu* : is also used in dose of 5 to 10 grs. with milk very successfully. It disolves phosphate and improves its assimilation.

5. *Shukrameha or Spermatorrhoea* : in this the patient passes semen in urine. This is generally seen due to constipation and mental causes i.e. due to sexual desire unfulfilled.

Treatment : The physician should try to remove constipation if there be any by administering some laxative medicines. If the cause is mental, the physician should instruct the patient to avoid unnecessary sexual desires.

(i) Gunja mula (the root of Abrus precatorius) cooked with milk. checks spermatorrhoea.

(ii) The mixture powder of Cardamoms and fried asafoetida is very efficacious in doses of 6 grs with butter or milk.

(iii) The seeds of Tālamakhāna (Asteracantha longifolia) in doses of 30 to 45 grs with sugar and milk is very efficacious in spermatorrhoea.

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(iv) Sushrut has recommended the decoction of Arjuna (Terminelia Arjuna) and sandalwood in dose of 1 to 2 ozs. twice or thrice daily.

(v) Shudha Shilājita and its preparations like Chandraprabhā Vati and Premahāntaka Vati are very efficacious for the treatment of Shukrameha (spermatorrhoea). (For detail refer to appendix).

(vi) *Chandanāsava* : is a specific medicine for Spermatorrhoea. *Dose* : 3 to 4 drms. after meals twice daily.

(6) *Lālāmeha* : or excess of prostrate secretion. In this the patient passes urine like salivary secretion. The urine is viscuos and full of prostrate secretion.

Treatment : Sushrut has prescribed the decoction of Pātha and Agaru in doses of 1 to 2 ozs twice or thrice daily.

(ii) The mucilage of the seeds of sweet Basil (Tulasi) is very efficacious in doses of 10 to 30 grs.

(iii) The decoction of ginger with turmeric and gur is a very good medicine in Lālāmeha.

7. *Sikātāmeha or Lithurea* : It is a disease in which patient passes sands or gravels in urine. This is generally due to less drinking of water or due to Vidagdhājeerna.

Treatment : The physician should instruct the patient to drink sufficient water and should try to remove indigestion.

(i) Sushruta prescribes decoction of Chitraka in doses of 1 oz. which is Dipana and Pachana both.

(ii) The flower of kidney beans (Udad) about 1½ ozs cooked with milk is given hot with the addition of ghee for a week successfully.

(iii) *Mutral Kashāyā* : *Dose*: 1 to 2 ozs is very efficacious in Siktāmeha or lithurea.

8. *Sanair Meha* : In this the patient passes urine with intervals due to the obstruction in urinary passage by gravels accumulated. This is a condition of Siktāmeha.

Treatment : The physician should try to remove the obsruction by administering some lithotropic drugs. The treatment is just like that of Siktā-meha. Sushruta prescribes decoction of Khadira (Catechu) in Shanairmeha. Some other diuretic drugs should be used.

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9. *Sāndra meha* : In this the urine of the patient if kept for some time, upper portion of it becomes clear and the lower portion turbid because of the precipitates which may be phosphate or chyle.

Treatment : Sushruta prescribes decoction of Saptaparna bark in doses of 1 to 2 ozs. Other treatments are like that of Pistameha.

10. *Surāmeha* : The patient in this disease passes urine like Surā (alcohol). It may be corelated with Acitonurea.

Treatment : Sushruta prescribes Nimba Kashāya (decoction of Nimba bark). *Doses* : 1 to 2 ozs. twice or thrice daily.

(ii) *Nyogrodhadi Churna* : *Doses* : 15 to 30 grs. with water twice or thrice daily. It is efficacious in Surāmeha.

(iii) *Chavikāsava* : *Doses* : 3 to 4 drachms after meals twice daily. This improves the digestive power, and is beneficial in Surā-meha.

11. *Phenameha* : This is another Kaphaja Prameha described by Sushruta. In this the patient passes foamy urine.

Treatment : Sushruta prescribes decoction of Triphala, Āragvadha and Mridvika. *Dose* : 1 to 2 ozs. thrice daily.

12. *Lasikāmeha* or *Albuminaria* : In this the patient passes urine like a lotion of Albumin. It is due to the damage of kidney. In this either the quantity of urine is decreased or increased. There is oedema on the face first and then on other parts of the body.

Treatment : In this the physician should try to improve the condition of kidney. The preparations of Shilajit, and Guggulu are efficacious in this trouble. Gokshura is also very good remedy. Punarnava is another remedy to act successfully in this disease.

(ii) *Gokshurādi Guggulu* : is a specific medicine for Albumineria or Lasikameha. *Doses* : 1 to 2 pills with water.

(iii) *Chandra Prabhā Vati* : 1 to 2 pills to be taken with Punarnavashtaka Kashaya is very efficacious in Lasikameha.

(iv) *Chandanāsava* : 3 to 4 drachms after meals twice daily. It is diuretic and it improves the condition of kidney.

(v) *Punarnavāsava* : *Dose* 3 to 4 drs. after meals. It is a very efficacious remedy for Albumineria.

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Bahumutra or Diuresis or excessive urination

Treatment : (i) The juice of fresh ginger (Ardraka) taken with sugar twice a day in doses of 1 to 2 teaspoonful checks excessive urination.

(ii) The seeds of gingilly or Kālā Tila in doses of 3 to 4 ozs. every morning checks excessive urination.

(iii) The decoction of the fresh dry leaves of bamboo given twice daily in doses of 1 oz. checks excessive urination.

(iv) The paste made of the wood of Barberis Asiatica (Dāru haridra) with half a pound of the leaf juice of the Embelic Myrobalan (Āmalaki) given with 2 ozs. of sugar checks excessive urination.

(v) The decoction of the root of Alpina galanga (Rāsnā or Kulanjana) in doses of ½ to 1 oz. controls excessive urination.

(vi) The pill made of 4 parts of each of nutmeg (Jāyaphala), opium and 1 part of each of camphor and musk. (Karpur and Kasturi) is given in doses of 2 grs. each time to control excessive urination.

Stranguary (Shanairmeha).

It is a spasmodic and painful condition of micturition characterised by frequent and urgent desire to pass urine. The urine is passed in drops with painful spasms.

Treatment : The decoction of one of the following drugs is very efficacious in diuresis and stranguary as a diuretic and to ensure a normal flow of urine.

(i) Onion—dose—½ oz. to be taken once or twice.

(ii) 1 to 2 drachms of the decoction of the seeds of Red Storel (Patuwa) three or four times a day.

(iii) Gokshurādi phānta is very efficacious—2 to 4 ozs. twice daily.

(iv) The seeds of butea frondosa (Palāsa) is very efficacious. It is given as a decoction in doses of 1 to 2 ozs. with 2 to 3 grs. of Swarchi (Nitre saltpetre).

(v) The paste of Sandalwood is given with rice water, honey and sugar successfully in doses of 1 to 2 ozs. twice or thrice daily.

Puyameha (Piyurepa) or Gonorrhea.

In Puya-meha the patient passes pus in urine. It may be included in Pittaja-mehas. It may be gonorrheal and non-gonorrheal.

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Treatment : (i) Guduchi Satva (extract of Tinspora cordifolia) is given in doses of 30 grs. with half a pound of milk and sugar twice or thrice daily.

(ii) A pill prepared of 2 parts of Shudha Shilājita, 5 parts of Gokshura and 2 parts of honey is very efficacious in Puyameha. *Doses* : 10 to 15 grs.

(iii) Gokshurādi Avaleha in doses of 1 to 2 teaspoonful and Gokshurādi guggulu in doses of 15 to 30 grs. are very efficacious in Puyameha. It is very good remedy for stranguary, disurea, painful micturition and other unirary troubles.

(iv) *Chandra Prabhā Vati* : 1 to 2 pills to be given with Triphala Kvātha is very efficacious.

(v) *Sārivadyarista* : 3 to 4 drachms after meals is very efficacious in Puyameha.

1. *Kshārameha* or Alkalinurea or Alkeptinurea : In this trouble the patient passes urine like alkaline mixture. It is one of the Pittaja Pramehas.

Treatment - Sushruta prescribes decoction of Triphala in Kshārameha. *Doses* : 1 to 2 ozs. twice or thrice daily.

2. *Amlameha* or Acidonurea : In Amlameha the urine of the patient is acid (Amla) in taste, smell and yellow in colour. It is also one of the varieties of Pittaja meha.

Treatment : Sushruta prescribes the decoction of Nyogrodhadigana. *Dose* : 1 to 2 ozs. twice or thrice daily.

3. *Nilameha* or Indecanurea : In this the patient passes urine of blue colour like indicane.

Treatment : Sushruta prescribes decoction of Sālasāradigana or Ashvatha bark in Nilameha. *Dose* : 1 to 2 ozs. twice or thrice daily.

These above three urinary troubles are always secondary.

4. *Hāridra meha* or bilirubinurea : In this the patient passes yellow (turmeric colour) urine which is full of bile.

Treatment : Sushruta prescribes decoction of Rājabriksha bark (Cassia fistula) in doses of 1 to 2 ozs. twice or thrice daily.

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5. *Mā-njistha-meha* or Haemoglobinurea : The patient passes urine like decoction of Manjistha (reddish colour) because of Haemoglobin or R.B.C. in urine.

Treatment : Sushruta prescribes decoction of Manjistha and Chandana in this trouble. *Doses* : 1 to 2 ozs. twice or thrice daily.

6. *Raktameha* or Haematurea : In this the patient passes urine of red colour due to presence of blood in urine.

Treatment : Sushruta prescribes decoction of Tindukāsthi, Kāsmari, Guduchi and Kharjura with honey. *Dose* : 1 to 2 ozs. twice or thrice daily.

All these above three Pittaja mehas are also found to be secondary. Therefor the primary diseases must be attended to along with the symptomatic treatments mentioned above.

Vātaja pramehas

(1) *Vasā-meha* or Lipurea : In this meha the patient passes urine which is either like Vasā (fat) solution or milky (Dugdhābham) and dense. From the examination of the urine the fat particles are found.

Treatment : Sushruta prescribes decoction of Agnimantha bark and bark of Shinshapa for the treatment of Vasā-meha.

(2) *Sarpimeha* or Chyluria : In this the patient passes urine dense and slimy like butter. It seems like chyle.

Treatment : Sushruta prescribes the Kalka (Paste) of Kushta, Kutaja, Pāthā, Hingu, Katuki, with the decoction of Guduchi and Chitraka in Sarpimeha.

(3) *Kshaudra meha* or Madhu meha or Diabetis melitus : The patient passes sugar in urine. From examination the proportion of blood sugar is also increased. There are other constitutional signs and symptoms noticed in patients suffering from Madhumeha, such as excessive thirst, excessive urination, burning sensation in hands and feet, emaciation, loss of energy etc.

Treatment : The main treatment of diabetes is to control diet. Fat and Carbo-hydrates (ghee and sugar or Sharkara or sweet things) should be eschewed from the diet. Sushruta prescribed Kadara and Kramuka Kashāya to be taken twice or thrice daily in doses of 2 to 4 ozs.

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(ii) The following antidiabetic or Hypoglacemic herbs, vegetables and cereals are supposed to be efficacious for a patient suffering from diabetes :—

1. *Madhunāshini* (Gymnema Sylestre) or gudamāra : leaves powder. *Doses* : 15 to 30 grs. with water.

2. *Vimbi* (Coccimia Indica) : leaves Swarasa and Powder in doses of 3 to 6 drachms; 40 to 90 grs. powder with water.

3. *Karela* (bitter gourd or Memordia Charantia) : Juice of the fruit 3 to 5 drachms to be taken once or twice a day. It is hypoglacemic.

4. *Jambubija* (Ugenia jambolan)seeds powder : 15 to 45 grs. with water twice or thrice daily.

5. *Yashada Bhasma* : Doses 3 to 5 grs. with the Vimbi Patra swarasa to be taken twice or thrice daily.

6. *Madhumehāntaka Churna* : 15 to 30 grs. to be taken thrice daily with water. It is very efficacious for diabetes.

7. *Vasanta Kusumākara rasa* : 3 to 5 grs. with Haridra-amalaki churna and honey twice daily. This is the most famous Āyurvedic remedy to be used for the treatment of diabetes melitus. It is very efficacious for general debility and body tonic. It improves the condition of pancrea.

8. *Vasanta Tilaka rasa* : 2 to 5 grs. with honey twice or thrice daily. It is a very good tonic and used for nervous breakdown due to urinary troubles like diabetes, semenurea, stranguary etc.

9. *Hemanāth rasa* : 2 to 5 grs. with honey twice or thrice daily. It is very good remedy for diabetes (Madhumeha) Bahumutra and Glycosuria.

4. *Hastimeha* : In this trouble the patient passes urine without any check. There is inconsistency of passing urine like that of an elephant.

Treatment : Sushruta prescribes decoction of Tinduka-Kapitha-Shirisha-Palāsa-Murvā-Duhsparsa (Kashāyam) etc. 1 to 2 ozs. twice or thrice daily.

(ii) Brihat Bangeshvara rasa is very efficacious in this trouble. *Doses* : 2 to 5 grs. with honey twice or thrice daily.

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Retention of Urine.

Treatment : Seeds and flower of Palāsa (Butea frondosa) are very efficacious medicine for promoting a free flow of urine. *Dose* : 1 to 2 ozs. of decoction. The flowers are also used as a plaster over the bladder.

(ii) The leaves of the Aristaka (cocklehir) or of Vidārikanda (Ipomea Panniculata) soaked in boiling water are used for fomenting the pubic and abdominal region of the patient. It causes flow of urine.

(iii) The poultice of the seeds of Teak tree is applied to the nave and pubic region to induce a free flow of urine.

(iv) A hip-bath of the hot decoction of Nirgundi (vitex negundo) leaves brings quick relief.

(v) Both varieties of Gokshura the bigger and the smaller are very efficacious drugs in retention of urine. *Doses* : powder 45 to 90 grs. with water.

(vi) Cucumber seeds powder in doses of 180 grs. with rock salt and conjee is very good diuretic in retention of urine.

(vii) The mucilage obtained from Isaphagole seeds given with sugar produces easy flow of urine.

(viii) Lasuna Kshira, Yavāni Shādava, Mutral Kashāya and Kshāra Parpati are very efficacious medicines in retention of urine.

Scalding Urine

(Ushnavāta)

Treatment : A phānta of Sesame seeds (Tila) and liquorice root (madhuyasti) is prepared by infusing them in boiling water for four hours. It is then taken in small quantities very often in the course of the day. It is very efficacious in scalding urine.

(ii) The tender kernel of the palmyra fruit (Tada) is eaten for the cure of scalding urine. The root of the tender tree macerated in rice water given with sugar relieves scalding urine very quickly.

(iii) The roots of Bhangara (Eclipta Alba) given in doses of 180 grs. with salt relieve scalding urine.

(iv) The mixture of one part of the Swarasa of raddish leaves (Muli) and of two parts of saltpetre is given in 30 grains doses for the cure of scalding urine.

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(v) *Chandanāsava* : *Doses* 4 drs. after meals. It is very good diuretic and demulcent. Its use is helpful in burning and painful micturition.

(vi) *Ushnavātaghna Kashāya* : *Dose* 1 to 2 ozs. twice or thrice daily. It is a very efficacious medicine to cure burning sensation in urine. It is used in all types of burning and painful micturition.

(vii) *Gokshurādi-guggulu* : 15 to 30 grs. to be taken with water twice or thrice daily. It is very effective remedy for scalding urine specially in a chronic case.

(viii) *Mutral Kashāya* is also very efficacious. It is diuretic and cures scalding urine. *Doses* 1 to 2 ozs.

Klaibya or Sexual debility.

In this disease a person becomes incapable to perform sexual activities. It may be due to some local defects or due to mental disorders or loss of labido.

Treatment : (1) A preparation made out of seeds of Kawācha (Cowhage) and wheatflour in milk till the mixture has a thickish consistency is very efficacious in sexual debility.

(ii) Babbula Gonda (a gum from the trunk of Babbula tree) fried with ghee and mixed with sugar candy is taken as a nutritive tonic for restoring sexual vitality. *Dose* 3 to 6 drachms with milk.

(iii) The following preparation is very good for sexual debility :- The lightly macerated mixture of equal parts of dried dates (Kharjura) without seeds, blanched almonds, Pistā chios, the kernels of the chiraunji and sugar with ghee. (pickled for a week). *Dose* 1 oz. to be taken every morning with milk.

(iv) *Shukra-mātrikā vati, Bānari-gutika, Madanānanda modaka, Kāmeswara modak* are very efficacious.

(v) Trailokya Vijayāvati, Jivana Kalpa, Makaradhvaja Vati are reputed medicines for sexual debility. For detail refer to appendix.

(vi) Fot local defects-apply Shri Gopāl Taila on the penis, and do mild massage.

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Seminal Weakness

(Shukra Daurvalya).

Treatment : (1) A drink of the milk which has been boiled with 1 tola (180 grs.) of Shatāwari (Asparagus Racemosus) and sugar vitalises the semen. This is to be taken every morning.

(ii) The decoction of the roots of Asvagandha (Withania Somnifera) 3 parts, the tuburous roots of Vidārikand (Ipomea Paniculata) 2 parts, long pepper (Pippali) 4 parts, and honey 5 parts given in doses of ½ to 1 oz. twice or thrice cure seminal weakness.

(iii) The powder of the seeds of Tālamakhānā (Astera canthus longifolia) is very efficacious and is given with sugar followed by a drink of milk (fresh) in seminal weakness.

(iv) *Musali pāka* : is a very famous medicine for seminal weakness *Dose* ½ to 1 tola with milk.

(v) *Dhātu Paustika Chhurna* : is a very good remedy in premature senility. It restores vitality and makes a man strong and stout. *Dose* 3 to 6 mashas with milk.

(vi) *Bādāma Pāka* : *Dose* 3 to 6 mashas with milk. It is very efficacious medicine for seminal weakness. It is given in general weakness, mental strain etc.

(vii) *Kāmadeva ghrita* : *Dose* 1 to 2 tola. It is a powerful tonic which restores strength and vitality.

(viii) *Manamathābhra rasa* : 2 to 5 grs. with honey and milk. It is a very good remedy to be given in cases of low vitality, loss of vigour and strength. It improves the seminal condition and rejuvinate sexual stamina.

Tonics

(i) Tinspora cordifolia (Guduchi) is a very useful invigorating tonic in general debility. Its extract Guduchi Satva is given in doses of 60 to 180 grs with sugar and milk.

(ii) Sida Cordifolia (Balā) is also very useful. The fresh leaves given regularly every morning is very invigorative. The decoction of its roots in doses of 1 to 2 ozs. is very beneficial particularly when body has become emaciated.

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(iii) Withania Somnifera (Ashva-gandha) is an efficacious tonic. One ounce of the finely powdered roots or the decoction of the roots is cooked with 1 lb. of milk and 4 ozs. of ghee till all water has evaporated; this medicated ghee is a very good tonic.

(iv) Ātma-guptādi churna, *Dose* 3 to 6 mashas with milk; Vidarikādi churna 3 to 6 mashas with milk, and Rasāyana churna -3 to 6 mashas (1 to 3 drachms) with milk are very good tonics.

Mutra Krichhra or Painful micturition or dysuria.

Mutra Krichhra is a disease in which the patient passes urine with difficulty and pain. This may be due to some defects in the urinary tract, urethra, or some other adjacent organs like prostrate. This may be acute and chronic. hyper-acidity of urine, tabes dorsalis, hysteria, thread-worms, urethritis, gonorrhoea, urethral stricture and enlarged prostrate may cause pain and difficulty in urination. In Āyurvedic literature this has been clinically described to be of eight kinds viz. Vātaja, Pittaja, Kaphaja, Sannipātaja, Shalyābhi-ghātja, Shakridvighātaja, Ashmari-hetuja and Shukrāja. The signs and symptoms are described in the texts.

Treatment : The main treatment is to remove the cause of the trouble. If the trouble is due to some Shalya (foreign bodies) in the urinary tract, the physician should try to remove them. If it is due to the retention of stools in the intestines or colon which suppress the flow of urine the bowels must be cleared by some laxatives or purgatives or enema. If it is due to stone in urinary bladder the stone should be removed by lithotroptic drug or by cathetor or operation. If the trouble is due to hyper-acidity of urine the urine should be made alkaline by giving Kshāra and Mutral drugs. If there is some inflammation in the urethral canal, the inflammation should be treated. If it is due to gonorrhoea, that should be treated by anti-gonorrhoeal drug. If there is enlargement of prostrate gland, that should be treated by massage or any antiinflamatory drug or by operation.

The following drugs are very efficacious in Mutra-krichhra :—

(i) The medicines described to treat dysuria should be administered as and when required.

(ii) Shilājit and its preparation, Yavakshāra and its preparation are very efficacious.

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(*a*) Chandra prabhā vati : is very efficacious if used with the decoction of Gokshura and Trinapanchmula (*b*) Kshāra Parpati is also very useful.

Mutra Krichhrāntak rasa. Dose : 5 grs. with sugar candy and butter milk, twice or thrice daily. It is diuretic and lithotroptic.

(iii) *Sarivādyāsava* : *Dose* : 4 drs. after meals. It is diuretic and urinary antiseptic.

(iv) *Ushirāsava* : *Dose* : 4 drs. after meals with water twice daily. is very efficacious in Mutra-krichra.

(v) *Chandanāsava* : *Dose* : 4 drs. after meals twice daily. It is diuretic and is very helpful in burning and painful urination. It regulates pitta and promotes nutrition.

(vi) *Trivikram rasa* : *Dose* : 2 grs. with honey and rice water twice or thrice daily. It is very useful in renal colic and painful micturition.

(vii) *Varunādya Lauha* : It is very efficacious in painful micturition due to stone in bladder and in stranguary. *Doses* : 5 to 10 grs. with Pāshānabhedādi Kvātha.

(viii) *Chandanādi Vati* : 1 to 2 tablets with water. It removes painful micturition and increases the flow of urine.

(ix) *Kshāra parpati* : *Dose* : 10 to 15 grs. with cold water twice or thrice daily. It is very good diuretic and cures painful micturition.

(x) *Ashmarihara Kashāya* : *Dose* : 1 to 2 oz. twice or thrice daily. It is very useful in painful micturition due to gravels or stone in bladder. It is lithotroptic.

Mutrāghāta (or obstructed micturition).

In this trouble, there is generally retention or suppression of urine and obstruction in passing of urine, but sometimes there is painful micturition also. This may be due to so many causes. This disease is really of obstructed micturition though sometimes there is complete obstruction in urination. In Ayurvedic texts this has been clinically classified into 13 varities. viz. Vāta-Kundalika (Spasmodic stricture), Vāta-Vasti (retention of urine) Mutra jathara (Distended bladder), Mutrakshaya (Anurea or Suppression of urine), Mutra-granthi (Enlarged prostrate or tumour in bladder) Ushna-vata (Cystitis or urethritis), Mutrasāda (Scanty urination) and Vasti-Kundala (Atonic condition of the bladder).

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Treatment : The treatment described for retention of urine may be used as and when required. The following are the specific treatment for Mutrāghāta.

(i) *Shital Parpati* : *Dose* : 10 to 15 grs. with cold water twice daily. This is a very good diuretic and helps the flow of urine immediately. It removes painful and obstructed micturition. It cures renal colic also.

(ii) *Samga-Yahuda* : is a kind of stone which is used after it is made bhasma in doses of 3 to 7 grs. with Sarvata Bajuri or sugar water twice or thrice a day. It is lithotroptic and cures retention of urine.

(iii) *Trikantakādi quatha* : *Doses* : 1 to 2 ozs. twice or thrice a day. It is a very good diuretic and very efficacious in the treatment of Mutrāghāta.

(iv) *Gokshuradyavaleha* : *Doses* : 3 to 6 drachms with milk twice daily. It is a very efficacious medicine to cure obstructed and painful micturition, burning sensation in urination and haemeturia etc. It is used in Ashmari, passing of gravels in urine and other urinary troubles.

(v) *Ashtamurtirasa* : is a specific medicine for Vatakundali (Spasmodic stricture). *Doses* : 2 to 4 grs. with honey and Gokshura churna.

Ashmari (Stone and gravel in urinary passage).

This is a disease in which there is formation of various types of stone or gravels in the urinary tract which obstruct the free flow of urine and manifests many kinds of troubles. In Āyurvedic texts it has been clinically classified under four heads namely Vātaja, Pittaja, Kaphaja and Shukraja. In manifestation of all above mentioned varities Kapha plays important part. The signs and symptoms are described in the texts.

Treatment : The physician is required to administer lithotroptic drugs so as to break the stones and prevent formation of gravels in the urinary tract.

The following are the drugs and medicines used for the treatment of Ashmari :-

(i) The bark of henna plant (Mehandi) is an efficacious remedy for removing stone and gravels. The decoction of the bark made by

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boiling one part of the bark in 20 parts of water reduced to one fourth is given in doses of 1 to 2 ozs. twice or thrice a day.

(ii) (*a*) Kanghi (Abutilon Indicum): decoction of the root in doses of 1 to 2 ozs.

(*b*) Varuna-bark of Crutaiva Religiosa is one of the most efficacious drug given in form of decoction : 1 to 2 ozs.

(*c*) The leaves and seeds of radish (Muli) in form of decoction is given to remove stone and gravels.

(*d*) The decoction of Kulatha (Dolichus biflorous) is very good lithotroptic.

(iii) *Hajaral jahood Bhasma* : 5 to 15 grs. with coconut water thrice daily is very efficacious for the treatment of stone.

(iv) *Kshāra Parpati* and *Ashmari-hara Kashāya* are very efficacious.

Upadanśa (Venereal diseases).

This is a disease which manifest on the genital organ of the male generally due to contact with the defective genital organs of a female or due to injury over the penis by hand, nails, teeth etc. or due to uncleanliness of penis. In Āyurvedic literature this disease has been clinically classified into 5 varieties viz. Vātaja, Pittaja, Raktaja, Kaphaja and Tridoshaja. The signs and symptoms are described for each of them. These may be co-related with soft-chancre.

Treatment : The main treatment of this disease is Shodhana i.e. the patient should be given purgative to clean his bowels and remove the Malas (dirts) accumulated in the body and Shodhana of the infected parts by blood letting. After Shodhana some soothing application to the parts effected should be done along with some alterative or blood purifier drugs to be internally administered.

The following medicines are recommended :

(i) Satyānāsi Taila : Oil of Satyānāsi (Argemone Mexicona) is applied over the effected part. It is very good soothing and healer. It cures pruritus or itching sensation.

(ii) *Koshātakyādi Taila* : This oil is very efficacious for Upadanśa and foul ulcers. This is antisuppurative and checks the formation of slough in ulcers and abcess. This is a good healer.

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(iii) *Upadanśahara Kvātha* : *Doses* 1 to 2 ozs. to be taken two times daily. It is very good alterative and specific medicine for Upadansa.

(iv) *Upadanśa-Kuthāra rasa* : 1 to 2 pills to be taken with cold water twice or thrice daily. It is a specific drug for Upadanśa.

(v) *Upadanśa-Surya rasa* : 1 to 2 pills to be swallowed with butter every morning. It is very effective medicine for Upadanśa. The patient should not take oil, chillies, sour things and salt.

Phiranga roga (Syphilis).

It is a most severe venereal disease caused by the Treponema pallidum. Infection is acquired (may be accidentally) or congenital when it is prenatal. Acquired syphilis manifest in :

(i) The primary stage, appears 4 to 5 weeks (or later) after infection when a primary chance associated with swelling of local lymph glands appears. (ii) The secondary stage in which the skin eruptions appear. The third stage occurs 15 to 30 years after initial infection. Gummata appear or neurosyphilis or cardio-vascular syphilis supervene. The commonest types of nervous system involvement are general paralysis of the insane and Tabes dorsali (Locomotor ataxia). Cardio-Vascular involvement produces cerebrovascular disasters, aortic aneurysm and impairment or destruction of the aortic Value.

Treatment : The physician should try to treat the infection and relieve the patient from the trouble or complication.

(i) The ointment made of the thick juice of Achyranthus aspera (Apāmārga) with addition of little opium is a very useful application over primary syphilitic eruptions. The leaf juice is exposed to the sun and when becomes thick it is used.

(ii) The hot poultice of the leaves of Indian coral tree (Mandāra) is applied over the buboes.

(iii) The Swarasa of Eclipta Alba (Bhangara) or a mixture of this Swarasa and the Swarasa of spanis jasmin (Chameli) is very efficacious for washing syphilitic eruptions and buboes.

(iv) The oil from the seeds of Jatropha Curcan (Vyāghrairanda) is very useful in healing syphilitic buboes that have burst open; a compress saturated with the oil, which must be very old and not freshly drawn is placed over the open buboes.

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(v) The tuberus root of the Teripods (Vankeri mula) is a very efficacious drug for syphilis. 90 grs. of the root made into a paste and taken orally with milk twice daily. The paste is applied to the syphilitic eruptions.

(vi) *Chopachinyādi Churna* in doses of 20 to 30. grs. and *Chopachini avaleh* in doses of 1 to 2 spoonful are very efficacious remedy for syphilis.

(vii) *Amira rasa* : *Dose* : 1 to 3. grs. in Monakka or Ābjosh (Black resins) to be swallowed so that teeth may not come in contact every morning. This should be used under the supervision of a physician.

(viii) *Sabira Vati* : *Dose* : 1 to 2 pills to be taken every morning and evening with butter and sugar candy. The patient should not take oil, chillies and sour things during this treatment.

(ix) *Devdārvyādyarista* and *Sārivadyarist* are also very efficacious in syphilis.

Shukradoshas

This is a disease which manifests on the penis (genital organ of a male) as result of some application over it in order to enlarge the size of penis. The linctus or plaster contains some corrosive substance which when applied improperly causes many types of papules, pimples, bulla or eruption over the penis. This has been clinically classified into 18 varieties viz. (1) Sarsapikā, (2) Asthilikā, (3) Grathitā, (4) Kumbhikā, (5) Alaji, (6) Mriditā, (7) Sammudha Pidikā, (8) Adhimantha, (9) Pushkarikā, (10) Sparśahāni, (11) Uttamā, (12) Shataponaka, (13) Tuak-Pāka, (14) Shonitārbuda, (15) Mamsārbuda, (16) Mamsapāka, (17) Vidradhi and (18) Tilakālaka. The names are significant of their shape, size and morbid conditions. Out of these Mamsārbuda, Mamsapāka, Tilkālaka and Vidradhi are very difficult to cure. If immediate and proper cares are not taken they become incurable.

Treatment : The treatment is symptomatic i.e. according to the signs and symptoms. In Sarsapi-Lekhan-karma is prescribed. After Lekhana (scraping) the effected part should be washed with shodhana and ropana Kashāya and then to apply Ropana Taila. In some of the Shukradoshas blood letting (Rakta mokshana) by leeches is required, such as in Asthilikā etc. The following medicines are recommended :-

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(1) Balā Taila, (2) Jātyādi Taila, (3) Satyānāsi Taila, (4) (Koshātakyādi taila—to apply as and when required, (5) Sarivādyarista, (6) Babulārista and (7) Mahamanjisthādi Kvātha are very efficacious.

(8) Panchatikta-ghrita Guggulu : *Dose* : 1 to 2 spoonful with milk twice daily. This is very good blood purifire and cures all types of blood impurities.

(9) Nishādi lepa, (10) Vranāmrita Malahara and Vranahara malahara are very good ointments to be applied for healing of the ulcers.

Prameha Pidikā (or Carbuncle).

Pramehapidikā is an acute inflammation usually caused by the staphylococcus involving several hairfolicles and surrounding sub-cutaneous tissues, forming an extensive slough with several discharging sinuses. Some of them may be correlated with deep abscess, carbuncles, pimples etc. In Āyurvedic texts it is clinically classified under ten varieties viz. Srāvikā, Kachhapikā, Jālini, Sarshapikā, Alaji, Vinata, Vidradhi, Masurikā, Putrini and Vidarikā. The names of all these Pramehapidikās are significant for their signs and symptoms.

Treatment : As said above that these Pidakās are complications of Pramehas specially Madhumeha and Medoroga, the first treatment is to treat the primary diseases i.e. to control the sugar in blood and remove the Medodoshas.

(i) A poultice made of rice flour with curd is applied over the diabetic abscess comfortably hot four times a day. Before applying the poultice, the excess of water should be removed.

(ii) *Nishādi Lepa* : is very soothing and efficacious in Prameha Pidikā specially in Sarshapikā and Srāvikā type.

(iii) *Vranahara Malahara* : is a very good ointment for Prameha pidikās.

(iv) *Prameha pidikāhara Malahara* : is a specific ointment for Prameha pidikās. It relieves pain and burning sensation of carbuncles immediately. It is very good Shodhana (purifire) and healer (Ropana). It checks the formation of slough.

(v) *Hemanātarasa* and *Vasanta Kusumākar rasa* : are very efficacious medicines to be administered internally. They control sugar of the

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blood and are reputed medicines for all types of Pramehas specially Madhumeha (Diabetis).

(vi) *Kaishore guggulu* : is very efficacious in Prameha Pidikās. *Doses* : 1 to 2 pills, twice or thrice daily with Maha manjisthadi Kvātha.

(vii) *Sarivādyāsava* : *Doses* : 4 drs. after meals. It is a very good blood purifire and very efficacious for Prameha pidikās.

Blood purifire and Alterative Drugs.

Alterative drugs are those which correct disordered metabolic processes and promote a favourable change in the disordered functions of the body. They are as under :-

(i) Powdered Madhuyasti (Liquorice roots) with milk in doses of 20 to 30 grs. is very good alterative and rasāyana.

(ii) The decoction of the bark of Albizia Lebbac (Sirisha) taken in doses of 1 to 2 ozs. is a very good alterative.

(iii) The gum resin that exudes from the trunk of Anogeissus latifolia (Dhava) is an efficacious alterative : the mixture of the gum and honey is kept in an iron vessel and taken with milk next morning in doses of 1 to 2 teaspoonful.

(iv) The mixture of equal parts of the barries of Embelia ribes (Vidanga) and Liquorice root (Madhuyasti) taken regularly for a month in gradually increasing dose starting from 10 to 30 grs. for a month is very efficacious alterative.

(v) The powder of the Panchang of Solanum Nigrum (Kākamāchi) taken either with gur or long pepper (Pippali) or black pepper is very good alterative. *Doses* : 15 to 30 grs.

(vi) The Swarasa of Eclipta Alba (Bhangara) taken in doses of 180 grs. every morning for a month invigorates the body.

(vii) *Mahā manjisthādyarista* : 3 to 4 drms. to be taken after meals twice daily. It is one of the best alteratives and blood purifiers. It is recommended in the impurities of blood, itches, scabies etc.

(viii) *Mahā Tikta ghrita* : It is very good alterative and blood purifier and is indicated in mental strain, abscess, fistula and skin diseases. *Doses* : 1 to 2 spoonful.

(ix) *Vyādhi-harana Rasaina* : is a very good blood purifier and alterative. It is recommended for all types of blood impurities, dermatitis, itches etc. *Doses* : 2 to 5 grs. with honey.

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(x) *Ananta Sālsā* : 3 to 4 drachms. It is very efficacious blood purifire and alterative. It is indicated in skin diseases and ulcers.

Blood purifiers

(i) For the purification of blood the following drugs are very useful :-

(*a*) Pātāl garudi (Cocculus Hersutus) : It is given in form of decoction. *Doses* : 1 to 2 ozs. This is particularly useful in skin diseases due to blood impurities.

(*b*) Sarpunkha (Tephrosia purpurea). It is given in form of either decoction or powder of the leaves. *Doses* : 1 to 2 ozs. with sugar; 50 grs. of powder every morning and evening. Swarasa of leaves are also given in 1/2 to 1 oz. doses.

(*c*) Chakra-marda (Cassia Tora) : The root is used as powder in doses of 60 grs. every morning mixed with ghee and sugar.

(*d*) Bael fruit is a reputed blood purifier. Its pulpe is given in doses of 2 ozs. with sugar.

(*e*) Shatāwari (Asparagus recemosus) is one of the most efficacious blood purifier. The powder of the root is used in doses of 1 oz. with milk. Its decoction is also used in doses of 1 to 2 ozs.

(*f*) Brāhmi (Centela asiatica) is a reputed blood purifier. *Dose* : 1 to 2 ozs. as a decoction. 3 to 10 grs. as a powder three times a day.

2. Anantamula or Sariva and their preparations are very good blood purifier. They are used singly as decoction in doses of 1 to 2 ozs.

Sarivādyarista and *Ananta Sālasā* are well known blood purifier medicines.

3. *Khadirārista* : *Doses* : 3 to 4 drs. after meals. It is very good blood purifier and is very efficacious in all kinds of skin diseases due to blood impurities.

4. *Pancha Tikta ghrilā guggulu* : is a very good blood purifier and is given in doses of 2 to 4 drs. with milk, twice daily.

5. *Vyādhi-harana Rasa* : is a very good blood purifier. It is very efficacious in all types of dermatitis, itches and it enriches the blood. *Dose* : 3 to 5 grs.

6. *Gandhaka rasaina* : *Doses* : 7 to 15 grs. with milk.

It is very good remedy for all types of blood impurities.

7. *Mahā manjisthādi Kashāya* : *Doses* : 1 to 2 ozs. It is very good blood purifier and is given twice daily every morning and evening.

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CHAPTER VI

TVAK-VIKĀRAS (Skin Diseases)

In Āyurvedic texts 'Kustha' is a term used to indicate skin disorders (Tvak Vikāras) though there are other diseases described in other chapters such as Kshudra rogas etc. All those diseases (skin effections) shall be dealt in this chapter.

Precautionary methods to save the skin from disorders. The following oils pure or medicated keep the skin intact or immune from the invasion of many skin diseases :—

(i) Mustard oil pure or boiled with juice of the leaves of Nirgundi (Vitex Nigundo) or with Haridrā (Turmeric) is preventive and curative both by local application or daily massage.

(ii) Tila Taila (Sesame oil) pure or boiled with Nirgundi Patra (leaves of Vitex nigundo) or Bhangara (Eclipta Alba) or the seeds of Gunja (Abrus Precatorius) is also very good application to save the skin from diseases and to cure some of the skin diseases.

(iii) Jaituna Taila (Olive oil) and Narikela Taila (Coconut oil) are also very efficacious.

(iv) Udvartana (Paste) prepared with the powder of Nimba leaves and turmeric (Haridrā) mixed in Mudga (gram) flour and mustard oil applied over the entire body and rubbed properly protects skin from diseases. The proportion shall be 1 part of the powder of each of Nimba leaves and turmeric and 8 parts of Mudga flour. The oil will be as much as to make the powder in a paste form.

(v) The main prophylactic treatment is to keep the skin clean and soft by application of oils and paste or soothing soaps.

Pāmā (Eczema)

The signs and symptoms of Pāmā may be corelated with the signs and symptoms of modern Eczema or dermatitis. Precise meaning of Eczema has not been agreed upon. Some medical men use the term as synonymous with dermatitis. Others regard it as one form of derma-

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titis, describing it as the 'Eczema reaction' to an irritant on an already susceptible skin. The reaction begins with erythema, then pappules or vescicles appear etc. The Pāmā according to Āyurveda may be dry (Srāvahinā) and weaping or with discharges (Srāvi). The names of the various types of Pāmā is given according to their signs, symptoms and locations.

The pruritus or itching sensation over the effected skin is an invariable symptom and therefore there is excoreation or scratching signs over the effected part.

General treatment : The physician should try to relieve the patient from the itching trouble by giving some anti-pruritic (Kandu-hara) application either oil or ointment.

(i) The ointment made out of the juice of the tender leaves of Terminalia Catappa (Jangali Badama) is applied over the eczema effected parts.

(ii) The emulsion made of the oil from the seeds of Pongamia pinnata (Karanja) with lemon juice is a very useful local application.

(iii) Chakra-marda Taila : is very good remedy for Pāmā. It is called Pāmāri Taila. It is prepared from the seeds of Cassia tora (Chakra-marda).

(iv) The ointment prepared by boiling together one parts of Tila oil (Sesame oil) 16 parts of the milky juice of Calotropis gigantica (Arka) and 1 part of turmeric (Haridrā) is an efficacious application not only in eczema (Pāmā) but also in other eruptions of the skin.

(v) For cure of eczema 1 oz. of the tender leaves of Tephrossia purpurea (Sarapunkha) macerated with water is administered orally every morning and evening.

(vi) Pāmāhara Malahara or Gulābi malahara is a specific ointment for any type of Pāmā (Eczema). It immediately cures itching and burning sensation of Pāmā and heals it quickly.

(vii) Rasādi Lepa : is very good application over the eczematous skin. It cures pruritus, itching sensation and stops discharges.

(viii) Mahā-manjisthādi-Kvātha and Sārivādyarista are very good blood purifier and efficacious medicines to be administered internally in doses of 1 oz. and 4 drs. respectively.

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(ix) Mahā-Marichādi Taila : is a very good oil to be used in many skin diseases. It cures dermatosis, itches etc.

(x) *Kāshisādi Ghrita* : is very good application in eczema, scabies and ring-worms etc.

(xi) *Gandhaka rasaina* : *Doses* : 5 to 10 grs. with butter twice or thrice daily. It is very effective in eczema and other skin diseases.

(xii) Pāmāri Malahara : to apply on the affected part—is very effective and gives immediate relief.

Rakasā (Dermatitis or Dry Eczema).

It is a skin disease which may spread over entire body with papules having itching sensation but no discharge.

Treatment : Some soothing and antipruritic oil or ointment should be used. The following drugs or medicines are very efficacious.

(i) Satyānāsi Taila (Oil of the seeds of Argemon mexicona) is very good for Rakasā. It should be applied over the affected part.

(ii) Nimba oil, olive oil, Karanja oil and mustard oil are also efficacious in Rakasā.

(iii) The dry leaves of sweat Basil (Babui Tulasi) macerated with some bland oil is very efficacious.

(iv) Somarāji Taila is a very good for all types of dry eczema. It removes itching sensation very quickly.

(v) *Gandhaka rasaina*—in doses of 5 to 10 grs. should be given internally twice daily with milk as a blood purifier.

(vi) *Ananta Sālasā* or Sārivādyāshava are also very good blood purifier. It cures many kinds of skin diseases.

Dārunaka or (Dandruff).

This is another kind of dermatitis (dry eczema) mostly found on the skin of the head. Thin mica like scaling (exfoliation) on scratching with acute burning and itching sensation are found. Papules are rough and itching having no discharge.

Treatment : Some soothing and anti-pruritic ointment should be applied.

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(i) *Dasānga lepa* : is very good application over the affected part.

(*a*) Bijayā leaves (Indian hemp), Nimba leaves, Somaraji, Pārijāta seeds are used in paste form to be applied over the head.

(ii) *Pāmāhara Malahara* : is very efficacious in Dārunaka (Dandruff).

(iii) *Dārunaka-hara Malahara* : is a specific ointment to be applied in dandruff. It gives immediate relief and relieves the patient from itching and burning sensation. It stops falling of hairs and scaling.

(iv) Internally medicines prescribed as blood purifier and alteratives may be used as and when required.

(v) The emulsion prepared with the oil of sandalwood with lemon juice is very efficacious. One part of sandalwood oil is mixed with three parts of lemon juice and briskly shaked in a glass bottle and then applied.

Vicharchikā (Postular dermatitis or Eczema with discharge).

It is that kind of eczema or dermatitis in which there is profuse discharge. This may be found on all parts of the body. Postules are suppurating and full of discharges with itching sensation. There is pain also in postules. The postules are blackish and redish with burning sensation.

Treatment : Soothing, pain relieving and cooling ointments are required to treat this type of dermatitis. Antipyogenic and antipruritic medicine should be administered.

(i) *Vicharchikā-hara malahara* : is to be applied. It is very efficacious and cures quickly. It stops postular discharges and heals the ulcers and relieve the patient from itching and burning sensation.

(ii) *Gandhaka rasaina* : *Dose* : 5 to 10 gr. to be given every morning and evening with butter is very efficacious remedy.

(iii) Pancha-tikta-ghrita guggulu—with Mahā Manjisthadi Kvātha is very efficacious remedy.

Vipādikā

When Vicharchikā attacks only part of the hand and leg specially palms and below the knees and on sole or feet, it is called Vipādikā.

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Treatment : The same treatment as mentioned for Vicharchikā. There are certain specific ointments, oil and lepas described for Vipādikā Viz. :

(i) Vipādikā-hara malahara,
(ii) Vipādikā-hara Taila,
(iii) Vipādikā-hara lepa.

These medicines are to be applied as and when required for detail refer appendix.

Arunsikā (Saborrhoea Captis or Saborrhic dermatitis).

This is a kind of postular dermatitis manifesting on the skin of the scalp (head). The postules may be tiny full of discharge. Sometimes there are vesicles full of discharge with many small mouths or openings.

Treatment : The physician should try to keep the parts effected very clean by washing the scalp with Nimba water or Udumbar a Kvātha. All internal and external medicines mentioned for Vicharchikā are to be used as and when required.

(i) *Nimba Taila* : is very efficacious to be applied in Arunsikā.

(ii) In chronic cases of Arunsikā (Saborrhoea captis) blood letting by leeches is required. After blood (impure) is taken out by leeches, the scalp should be cleaned with the decoction of Nimba leaves and ointment prepared for this disease is applied.

(iii) Arunsikā-hara malahara is a specific medicine. It is prepared with the powder of Kustha mixed in Til oil.

(iv) *Haridrādi Taila* : is a specific oil to be used for the treatment of Arunsikā.

Dadru (Ring-worm).

Dadru or Ring-worm is a term used to describe contagious infection of the skin by a fungus, because the common manifestations are circular scaly patches. There is severe itching sensation over the affected parts.

Treatment : Some soothing and anti-pruritic drugs are to be used. The following preparations are applied over ring-worm affected parts of the skin :—

(i) Lemon grass oil mixed with coconut oil is very good for ring-worm (Dadru).

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(ii) The ointment made of leaves of Cassia Angustifolia (Dadrughna) macerated with some bland oil and Lemon juice is very efficacious in Dadru.

(iii) The oil of Chakramard seeds (Cassia tora) is also very beneficial remedy.

(iv) *Dadruhara lepa* : is very good remedy to be applied over the affected part.

(v) *Dadru-damana Malahara* : is a specific medicine to be applied.

Ringworm of the Scalp

(i) The juice of Kaner (Oleander) is very efficacious. It is applied over the affected part of the scalp.

(ii) The Powder of the seeds of Pārijataka (Nyctanthis Arboristritis) is applied to the affected parts in form of a Paste made in some bland oil.

(iii) *Somarāji Taila* : is also very good to apply on the affected parts.

(iv) *Dadrughna-Malahara* : is a specific ointment to be applied over ring-worm affected skin.

Kandu or Kachhu (Itches and scabies)

Kandu or Kachhu (Scabies) is a most contagious skin disease caused by itch-mites. Postules or vesicles with severe burning and itching sensation appear mostly on the palms, genital organs and hips.

Treatment : The patients linen must be kept disinfectant and clean. His movement should be restricted so as to check contagion to others. His bowels must be kept clean by some laxatives.

The following drugs are very efficacious in scabies (Kachhu) :—

(i) Satyānāsi oil, Karanja Oil (Oil of the seeds of Argemon mexicona and Pongamia pinnata) are very soothing and antiprurities.

(ii) The oil expressed from the seeds of Jatropha Curcas (Jangali Eranda) is very efficacious in scabies.

(iii) *Gandhakādi Malahara* : is a very effective ointment for scabies. It removes itching and burning of the vesicles and clears them very soon.

(v) *Mahā Marichādi Taila* : is one of the best oil to be applied in scabies.

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(vi) *Mahā-gandhaka rasaina* : *Doses* : 5 to 10 grs. with milk twice daily.

(vii) *Sārivādyarista* and *Ananta Sālasā* are very useful in scabies. *Doses* : 4 drs. to be given after meals.

(viii) *Charmarogāri* : is a Baidyanath Āyurved Bhawan preparation specific ointment for skin diseases specially for scabies.

Vrishana Kachhu.

This may be correlated with the eczema of the scrotum or scabies on the scrotum. It manifests on the skin of the scrotum and therefore it is called Vrishana Kachhu.

Treatment : The same treatment that are described for eczema and scabies as the case may be.

Pimples (Tvak-pidikas).

Pimples or papules are small circumscribed elevation of the skin.

Treatment : The following medicines are very useful in pimples :—

(i) *Jirakalepa* : The paste of cumim seeds applied over the pimples give relief.

(ii) The local application of the oil expressed from the seeds of Bonduc-nut (Putikaranja) removes pimples.

(iii) The paste of nut-meg (Jaiphala) made with milk is an efficacious remedy for removing pimples of the skin.

(iv) The paste of red sandal wood (Rakta chandana) and turmeric made with milk is very efficacious local application.

(v) The mixture made of one part of sandalwood oil and two parts of mustard oil is a very efficacious application.

Prickly heat (Ushmaja pidikā).

This is a vesicular and erythamatus eruptions caused by blocking of sweat ducts and their subsequent ruptures or their infection by fungus or bacteria. It is very common in tropical countries and effects mostly waist-line, cubital fossae and the chest. In Āyurveda it is called Ushmaja pidikās.

Treatment : The following are the very efficacious remedies in prickly heat :—

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(i) The paste made of equal parts of Sandalwood, corriender seeds, the tubercle of the nut-grass (Nāgara mustaka), of the roots of Khuskhus grass (Khasa) powdered together and mixed with rose water rubbed on the body gives immediate relief in prickly heat.

(ii) A cold water bath taken after the application of the watery paste of gram flour on the body brings relief.

(iii) The powder of sandalwood used as dust all over the body is very efficacious in bringing relief in prickly heat.

(iv) *Chandana-balā Taila* : is very good application in prickly heat. It is very efficacious in removing burning and itching sensation of the skin and cures all types of skin diseases. It is very soothing and tonic to the skin and nerves.

(v) *Sārivādi Hima* : is very good blood purifier and cooling to the skin. It gives immediate relief to the skin in prickly heat.

(vi) *Ushmaja-Pidikāhara Avachur-nana* : is a specific preparation to be dusted over the skin of the body affected by prickly heat. It gives immediate relief.

Psoriasis and Pityriasis

These are two inflammatory and scaly eruptions of the skin. In Āyurveda these may be co-related with Eka-Kustha, Kittibha and Sidhma.

Psoriasis : is a chronic skin disease in which erythematous areas are covered with adherent scales. Although the condition may occur on any part of the body, the characteristic sites are extensor surfaces, especially over the knees and elbows. When the scales are scraped they produce a shiny silver sheen, which is diagnostic.

Pityriasis : It is a scaly eruption of the skin. This may appear on any part of the body.

Treatment : The following remedies are very efficacious in Psoriasis :

(i) *Karanja Taila* : The oil expressed from the seeds of pongamia pinnata (Karanja) is a very efficacious application in psoriasis and pityriasis.

(ii) (*a*) Garjan oil, the oleorasin obtained from the common Gurjan tree, made into an emulsion by the addition of an equal quantity of lime water is applied freely over the affected skin.

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(*b*) 2 drachms of the oil are given orally three times a day : the efficacy of the oil is increased by the addition of a few drops of Chaulmugra oil.

(iii) The yellow viscid juice from the capules of Thespesia populnea (Pāris) is a very useful application in Psoriasis and Pityriasis.

(iv) *Kittibhāri Malahara* : is a specific ointment for Kittibha (Psoriasis). It removes the scaling of the skin and relieve the patient from trouble.

(v) *Āragvadhādi Udvartana* : This is applied over the skin before taking bath. The patient suffering from this (Psoriasis) trouble should take bath of Nimba Patra boiled water after the application of this Udvartana. Vegiterian diet without salt is to be given to the patient.

(vi) *Panchatikta Ghrita Guggulu* : *Dose* : ½ to 1 tola (2 to 4 drs.) with the Anupāna of Mahāmanjisthādi Kashāya should be given every morning and evening.

(vii) *Mahamanjisthādi Kashāya* : *Doses*: 1 to 2 ozs. It is a very good alterative and blood purifier.

(viii) *Sidhma-hara Lepa* : It is a specific lepa to be applied in Sidhma. It is very efficacious.

(ix) *Sidhma-Kilāsa-hara Taila* : to be applied over the skin. It is very efficacious and removes scaling of the skin very quickly. It cleans the skin and makes the skin soft.

(x) *Ārogya-Vardhini* : *Dose* : 3 to 5 grs. to be taken with honey twice or thrice daily. It is very efficacious in all kinds of skin diseases. It is a very good blood purifier.

(xi) *Mahā-Tikta-Ghrita* : *Dose* : 2 to 4 drachms with milk. It is very efficacious in all types of skin disease. It is blood purifier.

Kilāsa or Svitra or Leucoderma

Kilāsa or Svitra is a skin disease due to the defective skin pigmentation specially when it occurs in white patches in hands or on other parts of the body.

Treatment : This is a very obstinate disease which creates a great worry to the person suffering from it inspite of its non-infective nature.

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It is aggravated by some types of intestinal worms. The physician should try to remove the aggravating cause after stool examination. The following are the drugs or remedies which are recommended for this trouble :—

(i) Bākuchi or Bāvachi (Psorelia Corylifolia) is a specific drug to be used in the treatment of leucoderma.

(*a*) The powder of Bavachi seeds is given with the decoction of Catechu and embelic myrobalan (Āmala). *Dose* : 10 to 15 grs.

(*b*) A paste prepared from the seeds of Bavachi with water is applied over the affected skin.

(*c*) The oil expressed from the seeds of Bavachi is applied over the effected parts of the skin. After the application of paste or oil of Bavachi the parts affected should be exposed to sun rays for at least ½ an hour.

(ii) (*a*) The seeds of Vernonia Cineria (Sahadebi) are reputed remedy in leucoderma.

(*b*) The seeds of Centratherum Anthelmenticum (Somaraji) are equally efficacious. Before any of the following treatments with the seeds of either of these plants is given to the patient, he is made to perspire profusely by either exposure to sun or by any other means (exercise etc.).

(i) One to two drachms of the seeds are given with honey;

(ii) The mixture of equal parts of the powder of seeds and of black pepper is given in doses of 1 drachm with tepid water every morning.

(iii) The seeds of Abrus precatorius (Gunja) and the root of Plumbago Zeylanica (Chitrak) are made into a paste with water and is applied to the affected skin. This is a stimulant dressing applied over the leucoderma.

(iv) *Gunjādi Taila* : is a specific oil for leucoderma.

Charmākhya or Gaja-Charma

It is a disease in which the skin becomes thick and rough like that of elephant skin. In modern medical term it may be corelated with xerodermia pigmentosa.

Treatment : It is a very obstinate skin disease and it requires patience for the treatment. The following are the efficacious remedies :—

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(i) Āragvadhādi Udvartana : is a very good application for many kinds of skin diseases specially in Gajacharma.

(ii) Gaja-charma-hara Udvartana : is a specific application on the skin affected from gajacharma.

(iii) Marichādi Taila, Mahā Marichādi Taila and Sveta Karvirādi Taila are very efficacious oil to be applied in Gajacharma.

(iv) Pancha Tikta Ghrita Guggulu, with Mahāmanjisthādi Kvātha is very efficacious in Gajacharma.

(v) Mahā-bhallātaka rasaina, Amrita Bhallātaka and Lankeswara rasa are very efficacious medicines to be used internally.

Charmadala or (Infective dermatitis)

This is a skin disease in which red-brown itching and painful papules with burning sensation and scaling appear on the skin.

Treatment : This is a very painful skin disease. The physician should give some soothing and antipruritic medicine to relieve the patient from trouble. The following are the efficacious remedies for Charmadala :—

(i) Shatadhauta ghrita mixed with Yasada Bhasma (Zinc oxide) to be applied over the affected part.

(ii) *Sveta Karvirādi Taila* : is very efficacious oil to be used in Charmadala and Gajacharma.

(iii) *Vipādikā hara Taila* : is a very good oil to be applied in Charmadala and Vipādikā.

(iv) *Tikta Shatpala ghrita* : *Doses* : 1 tola (3 drachms) to be given with milk. It is very efficacious internal medicine in Charmadala, Gajacharma and other skin troubles.

(v) *Charmadala-hara Malahara* : is a specific ointment to be used in charmadala. It gives immediate relief to the patient and cures quickly.

Eka Kustha or Ichthyosis

It is a kind of skin disease in which the skin becomes like the skin of fish. It may also be equated with erythrodermia. It is also found congenital.

Treatment : The physician should give some blood purifier drug internally and some soothing oil or ointment for external application.

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(i) Pinda Taila : is very efficacious oil to be applied in this skin disease.

(ii) Panchatikta-ghrita : dose 2 to 4 drs. with milk is very efficacious.

Shataru (Erythemas).

It is a kind of skin disease in which many red brown papules with burning sensation and pain appear on the skin.

Treatment : (i) Rasottamādi Lepa : is a very efficacious application for eruptive skin diseases. It cures Pāmā, Kandu, Vicharachikā and Shatāru etc.

(ii) Sindurādya Malahara : is a specific ointment for Shatāru, Vipādikā and Vicharchikā etc.

(iii) Madayantyādi Taila : is a very efficacious oil for Shatāru.

(iv) Sārivādyarista : 4 drachms after meals is very effective in Shatāru and other skin diseases.

(v) Gandhaka-rasaina : 5 to 10 grs. with milk to be taken every morning and evening twice daily. It is very good alterative and blood purifier.

Alasaka (Lichen)

Lichen is an aggregation of papular skin lesions. Alasaka is that kind of lichen which are full of itching red nodules.

Treatment : Antipruritic and soothing ointments are very efficacious.

(i) Yasadāmrita Malahara : is very efficacious for all types of lichen specially in Alasaka.

(ii) Gandhakādya-malahara : is also very efficacious.

Alasa or Dhobi Itch

This occurs in between the phalanges of legs due to constant contamination of dirty water and clay. There is a severe itching in it.

Treatment : Antipruritic and soothing ointments are very efficacious in it.

(1) Gandhakādi malahara is very good for it.

(2) Vyuchihara malahara is also very efficacious.

(3) Marichadi Taila or Charma rogāri are also very effective.

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Visphote (Boils or Bullae).

In this reddish and brown vesicles or vesicular papules with thin layers on the skin are found.

Treatment : Some soothing ointment or lepa should be used.

(i) Nishādi lepa and Mamsyādi lepa are very efficacious.

(ii) Gandhaka rasaina in doses of 5 to 10 grs. should be given internally twice daily with milk.

(iii) Sārivādyarista and Ananta sālasā are very efficacious.

Shitapitta or Urticaria

Shitapitta or urticaria is an allergic skin eruption characterised by multiple, circumscribed, smooth, raised, pinkish, itchy weals, developing very suddenly, usually lasting for a few hours or days and leaving no visible trace.

Treatment : Some anti-allergic drugs for external and internal uses should be administered. The following remedies are recommended in urticaria :—

(i) The paste made of rocksalt and ghee is applied over the affected part.

(ii) The Swarasa of the holly Basil (Tulasi) applied over the body gives great relief in urticaria.

(iii) The Swarasa of the leaves of the four-o-clock flower (Gulabās) applied over the skin soothes the itching and relieves the burning sensation due to urticaria.

(iv) Haridrā-khanda : is a specific medicine for Shitapitta. *Doses* : 30 to 50 grs. with tepid water, twice or thrice daily.

(v) Sodi-by-carb (Sajjikshar) 3 drachms dissolved in warm water is used to soothe the eruption. A piece of linen (cloth) soaked in the lotion is applied over the effected skin or eruption.

(vi) Sutasekhara rasa and Kāmadudhā rasa are also used in Shitapitta or Udarda (Urticaria). They remove the itching and burning sensation of the skin due to urticaria. The eruptions are subsided. *Doses* : 2 to 5 grs. with honey.

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(vii)..*Avipatti-kara-churna* : *Doses* : 30 to 50 grs. with warm water. It is very efficacious in urticaria and other Pitta diseases. It cures acidity, biliousness, bowel troubles, dyspepsia and sour eructations.

(viii) *Ārdraka Khanda* : is another specific medicine for Shitapitta and Udarda. *Dose* : 1 to 2 drachms with warm water.

Kakshā (Herpes)

Herpes or Kakshā is vesicular eruption due to a virus infection. The virus attack sensory nerves with consequent severe pain, and the appearance of the vesicles along the distribution of the nerves involved (usually unilateral). It is mostly in axillary area and therefore it is called Kakshā (Herpes Zoster).

Treatment : As there are severe pain and burning sensation, the physician should apply soothing and pain-relieving ointment.

(i) *Shata-dhauta ghrita* : is very efficacious application mixed with Sarja-rasa and zinc oxide (Yasad bhasma).

(ii) *Yasadāmrita malahara* : is very efficacious.

(iii) The paste of the seeds of the flame of the forest (Palāsa) made with lemon juice is locally applied to herpetic eruptions.

(iv) The emulsion of the oil expressed from Pongamia pinnata (Karanja) made with lemon juice is a very efficacious, antiseptic, cleaning and healing application in herpes (Kakshā).

(v) Nishādi Lepa : is very efficacious in Kakshā. It relieves burning sensation and pain.

Yuvāna Pidika or Mukhadushika (Acne Vulgaris).

It is a skin disease in which thorny papules like that of Salamali (Silk Cotton) tree appear on the face of a young boy and girl or gent and lady. As it disfigures the face so it is called Mukhadushikā.

Treatment : Some soothing and antiseptic ointment or cream or powder should be applied over the skin of the face.

(i) *Kumkumādi Taila* : is a very efficacious oil for acne vulgaris or Mukhadushikā.

(ii) *Mukhadushikā-hara Lepa* : It is very soothing application and cures mukhadushikā quickly.

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(iii) *Mukhadushikā-hara Avachurnana* : is a very deodarent and soothing face powder.

(iv) *Sārivādyarista* : 3 to 4 drachms after meals, twice or thrice daily helps in the cure of acne vulgaris.

Padmini Kantaka (Papilloma of the skin)

In this disease the skin is full of thorny papules (like lotus thorn). The papules are circular and pale with itching sensation. Papilloma is a simple tumour arising from a non-glandular area of the skin.

Treatment : Antipruritic and soothing ointment or oil should be applied in this skin disease.

(i) *Tuthyādi Lepa* : is a very efficacious application for papilloma of the skin.

(ii) *Kankushthādi Lepa* : is also very good application for Padmini kantaka.

(iii) *Chandra-Prabhā-Udvartana* : is very effective application for papilloma of the skin and acne-vulgaris.

(iv) *Rakta-Sodhaka-Sarvata* : is very effective medicine to be administered internally in doses of 3 to 5 drachms mixed with water every morning and evening for acne vulgaris and papilloma of the skin.

Vyanga and Nyachha (Macule)

A macule is a small circumscribed area of altered colour. It is not felt by the finger and is of normal texture. Histologically there may be simple vaso-dilation or pigmentary change. In Āyurvedic texts it is called Vyang or Nyachha. When it occurs on the skin of the face it is called Vyanga and when it occurs on the skin of the other part of the body it is called Nyachha.

Treatment : (i) *Kumkumādi Taila* : is a specific oil to be applied in Vyanga and Nyachha.

(ii) *Manjisthādi Taila* : is another very effective oil for Vyanga, Nyachha and Tilkālaka etc.

(iii) *Kanaka Taila* : is also a specific oil for macule (Vyanga etc.). It brings lustre to the skin of the face.

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(iv) A paste prepared from the thorny skin of the silk-cotton tree with milk is applied to the skin of the face. It cures Vyanga and brings lustre to the face.

Jatumani (Congenital mole)

A mole (Masaka) is an elevated painless circumscribed spot on the skin in any part of the body. When it is from the birth (congenital) it is called Jatumani.

Treatment : Generally nobody cares to treat this disease. The following are the remedies recommended in this skin disease.

(i) Scraping of the moles by the ash of snake skin (rubbing over the mole) cures Masaka and Jatumani.

(ii) *Kāshisādi Taila* : is a very good oil to be rubbed over the Jatumani or Masaka. It cures it.

(iii) *Kshāra Ghrita* : is a very efficacious medicine for Masaka, Jatumani, Tilkalaka and Padmini Kantaka etc.

(iv) *Tuthyādi Lepa* : is a very good to be applied over the moles (Masaka) Jatumani and Charmakila etc.

(v) *Rakta Sodhaka Pānaka* : should be administered internally in doses of 4 drachms mixed with water every morning and evening.

Mahā-Kusthas

Mahā Kusthas are described to be seven in numbers though they may be more according to the affection of the Doshas and vitiation of the Dhatus. Charaka says "Hereafter, I shall describe the signs and symptoms of the eighteen kinds of dermatosis (Kusthas) namely (1) Kapāla, (2) Udumbara (3) Mandala, (4) Rishya jihva, (5) Pundarika, (6) Sidhma, (7) Kākanaka, (8) Eka-Kustha, (9) Charma, (10) Kittibha, (11) Vipādikā, (12) Alasaka, (13) Dadru, (14) Charmadala, (15) Pāmā, (16) Visphotaka, (17) Shatāru and (18) Vicharchikā. Out of these first seven are Mahā-Kusthas and the remaining eleven are Kshudra Kusthas. The Kshudra Kusthas have already been dealt with. Out of 7 Mahā Kusthas, six except Shidhma may be co-related with leprotic skin lesions. The signs and symptoms along with the treatment will be described hereafter. Sushruta has described one another Mahā Kustha named as 'Aruna Kustha'.

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(1) *Kapāla Kustha* : The Kustha which is dark-red in colour like the broken piece of an earthen pot, which is dry, hard, thin, very painful and irregular in shape is named the Kapāla Kustha.

(2) The Kustha which is accompanied with burning, pruritus, pain and redness, which is covered with tawny hairs and which resembles the ripe fig fruit (Udumbara) in colour is called Audumbara Kustha.

(3) The Kustha which is whitish, redish, localised, piled up, glossy, elevated at the edges and overlaps one another is named the "Mandala Kustha" and is formidable in nature.

(4) The Kustha which is hard, red in the margin and dark in the centre painful and has resemblance in form to the tongue of a bear or musk deer is named the 'Rishya Jihva' Kustha.

(5) The Kustha which is whitish, red in the margin, which resembles the petal of a white lotus, which is elevated and accompanied with burning, is named the "Pundarika Kustha".

(6) The Kustha which is white or coppery, thin, which gives out fine dust, when rubbed, which is of the colour of the flower of pumpkin and which generally makes it appearance on the chest is named the 'Sidhma Kustha'. It may be co-related with exfoliative dermatosis or pityriasis.

(7) The Kustha which resembles in colour the jequirity seeds, which is not suppurating or acutely painful and which fully displays the symptoms of all the three Doshas, is named the 'Kākana Kustha'. It is incurable.

Treatment : The physician should consider that condition to be incurable which is accompanied with all the signs and symptoms combined, if the patient be of low vitality, affected with thirst and burning, and if his gastric fire is almost extinguished and parasites have greatly destroyed the body tissue.

In the treatment of a curable Kustha, where Vata is predominant ghee should be administered; where Kapha is predominant the procedure of emesis (Vamana) should be done, and where Pitta is predominant bloodletting should be done, after purgative is given to the patient.

The following are the specific drugs and medicine in Kustha (Leprosy) :

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(i) Tuberak Taila or Chaulmugra oil is very efficacious in Kustha (Leprosy). It is given in doses of 10 to 20 drops after meal. The oil is also applied over the affected skin.

(ii) *Khadirārista* : is a specific medicine for Kustha. It purifies blood and cures all types of skin diseases.

(iii) *Mahā Tikta Ghrita* : 1 tola with milk. It is very good blood purifier.

(iv) *Ārogya Vardhini* : 5 to 10 grs. to be taken with honey and Mahā Manjisthādya Kashāya—twice daily. It is a very good blood purifier.

(v) *Rasā manikya* : *Dose* : 2 to 4 grs. with honey; Tāla-Sindura : *Dose* : 1 to 3 grs. with honey. These are very efficacious medicines.

(vi) Amritānkura Lauha, Amrita Bhallātak, Mahā Bhallātaka Guda, and Tālakeshwar rasa are recommended in Kusthas.

Charmakila (Corn or Wart)

A corn or charmakila is cone-shaped over-growth and hardening of epidermis, with the point of the cone in the deeper layer produced by friction or pressure. It is also called Kadara in Āyurvedic literature.

Treatment : (i) The milky juice of papaya fruit is applied to remove corn, wart and other excrescences.

(ii) The oil obtained from the fruit of Cashew nut tree (Kāzu) is used as a blister for corns and warts.

(iii) The swarasa of the leaves of Solanum nigrum (Kākamāchi) mixed with little rock-salt is applied over the corns.

(iv) The mixture of Apāmārga Kshār and orpiment is applied over warts and excrescence.

(v) Tuthyādi lepa is very efficacious in corns, warts etc.

(vi) *Kāshisādi Taila* : is applied to the corns, warts, etc. After application for some time the corns and warts become soft and ultimately fall up.

Pāda-dāri or cracking of the soles of the feet.

In this disease the soles of the feet crack due to the want of lubricating matter required and due to roughness of the skin of the sole.

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Treatment : (i) The medicated Taila or Ghrita prepared with the juice of Solanum xantho-carpum (Kantakārika) is applied on the cracks especially in those that occur during the rains.

(ii) The paste of the seeds of Lageneria vulgaris (Kadavi Tumbi) or the paste of nutmeg (Jaiphala) is applied on the cracks; the paste is made with water.

(iii) The oil obtained from the shell of cashew nut is applied on the cracks.

(iv) The ointment made by boiling marking nut (Bhallātaka) with rāla, wax (bee wax) and Tila taila (sesame oil) is very efficacious in cracking of the soles of the feet. It is applied over the cracks.

(v) *Siktha Taila* : is very efficacious in Padadari. It is applied over the cracks.

(vi) *Pindu Taila* : is very efficacious in cracks. It is antiseptic, heals the cracks and make the sole smooth and soft.

Pāda-dāha (Burning of the feet)

Treatment : (i) The poultice of the Hena plant leaves (Mehandi) made with vinigar (Kānjee) or lemon juice is very efficacious for the cure of this trouble.

(ii) The Paste made of the leaves of Vitex negundo (Nirgundi) applied on the feet gives quick relief to the burning feet.

(iii) The juice of Eclipta alba (Bhangara) is applied on the feet.

(iv) *Himsāgara Taila* : is a specific oil to be applied over the feet. It immediately cures the burning of the feet.

(v) *Chandanādi Taila* : is very efficacious medicine for burning feet.

Snāyuka (Guinea worm)

It is a nematode parasite which infests man from contaminated drinking water. From the patients intestine, the adult female migrates to the skin surface to deposit her larva, producing a cord like thickening which ulcerates. It is common in India and Africa.

Treatment : (i) The macerated pulpe of the leaves of one of the following plants is applied on the affected part to relieve the swelling and to extract the worm :—

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(*a*) The Castord Apple tree (Sharifa).

(*b*) The Castor oil plant (Eranda).

(*c*) Abutilon Indicum (Kanghi).

(*d*) The Dhatura plant. The pulpe of the leaves are mixed with an equal part of rice water.

(*e*) Mimosa pudica (Lajjālu).

(*f*) The papaya tree; one ounce of the pulpe of the leaves is mixed in 16 grs. of opium and 60 grs. of common salt.

(2) The seeds of the Palāsa (Butea frondosa) and Kuchila (Nux-vomica), Camphor and Guggulu mixed together in equal parts are made into a paste with water.

A thick layer of this paste mixed with a little ghee is applied to the affected part and covered with a leaf of pipal tree and kept for three days, by which the worm is dead.

(3) *Snāyuk-hara malahara* : It is a specific ointment for Guinea worm. It is applied to the affected part.

(4) Til oil cake (Khali) mixed with Conjee is applied over the affected part to reduce the swelling and the pain and to extract the worm.

(5) The poultice of stem of the prickly pear (Nāgaphani) is applied over the affected part for extracting the worm; the spines from the stem are removed before it is made into a pulp.

(6) The pills made of the flowers of Palāsa with gur are very effective in extracting the worm. One pill is taken daily for a week. *Dose* : 30 grs.

(7) *Malla Bhasma* : *Dose* : 1/16 to 1/4 of a grain into Draksha or Abjosha.

Indralupta (Alopecia).

It is also called baldness. It may be premature or senile.

Treatment : (1) For the cure of alopecia the paste of the seeds of Abrus precatorious (gunja) is applied to the exposed skin of the scalp.

(2) The paste of the black pepper is briskly rubbed on the affected part of the scalp to encourage the growth of new hair.

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Head-lice (Yukā-likshā).

For delousing the hair an application of one of the following preparation is efficacious :—

(i) The leaf juice of the Indian hemp (Vajayā) or the paste of the leaves.

(ii) The paste of bitter almonds.

(iii) The ointment made of the powder of the bark of Celastrus Panniculata (Māla Kānguni) with mustard oil.

(iv) The paste made of the finely powdered seeds of custard apple (Sharifā) with water; the paste is applied at bed time and the head is well covered with a piece of thick cloth; care should be taken that the paste or the liquid from the paste does not touch the eye.

(v) The mixture of tobacco powder and water followed by an emulsion of soap nut (Rithā); the hair is first well soaked with a mixture of tobacco powder and water and then kept covered with cloth for two or three hours and the hair is then thoroughly washed with the emulsion of soapnut (Rithā).

Hair washes and Tonics

(i) The decoction of the tender leaves of yellow silk cotton tree is very useful for washing and cleaning the hairs.

(2) *Bhringarāja Taila* : is very good and efficacious for making the hair grow luxuriently. This oil also makes the hair turn black.

(3) To check the premature loss of hair, the oil extracted from the seeds of the teak tree (Sagawan) is massaged into the scalp.

(4) The leaf juice of Eclipta Alba (Bhāngara) massaged into the scalp is an efficacious hair restorer.

(5) *Bhringāmalak Taila* : is a very good hair tonic. It soothes the brain and checks premature loss of hairs and growing grey.

Vividha (miscellaneous skin diseases).

(i) The swarasa of the bark of the wodeer wood (Jingana) is very efficacious in obstinate eruptive skin diseases. It is applied over the affected part. The decoction of the bark is also used for washing the eruptions.

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(ii) Taila or ghrita prepared with the swarasa of Vernonia Cineris (Sahadevi) is an efficacious local application in eruptive skin diseases.

(iii) The swarasa of unripe fruit of Diospyros peregrima (Tendu) applied over the skin removes scars due to skin diseases e.g. boils, ulcers etc. and restores its normal colour.

(iv) Catechu (Khadira) and Kurchi (Kutaja) are very efficacious in eruptive skin diseases. The extract of Catechu and bark of Kutaja are used singly or mixed together in form of decoction, to be used internally in doses of 1 to 2 ozs. twice or thrice daily. It is very good blood purifier. It is administered in all types of skin diseases.

(v) *Pancha-nimba* : the tender leaves, flowers, fruits, barks and roots are mixed and a decoction is made out of it and is taken in doses of 1 to 2 ozs. every morning for cure of skin diseases.

(vi) The paste of the macerated leaves of Mimusops hexandra (Khirni) mixed with milk is applied to clear black blemishes on the facial skin.

(vii) Cotton seed oil is a very useful dressing for clearing spots and frickles on the skin.

(viii) The powder of the dry leaves of Acalypha indica (Harit manjari) is an efficacious dusting powder for healing bedsores.

(ix) The application of the juice of Cassia fistula (Āragvadha) over blister is very efficacious.

(x) The local application of the paste of nutmeg (Jaiphala) clears white patches and blemishes on the skin.

(xi) A mixture of honey and the juice of citron (Bijora) in which the costus (Kustha) had been soaked for a week is a very useful comsetic to prevent the skin from becoming coarse, rough and dry.

(xii) The powder of the seeds of Fenugrick (Menthi) applied to the skin is another useful cosmetic. It prevents the skin from becoming rough, coarse and dry.

Valmika (Actino-mycosis)

It is a disease which generally affects the soles of the feet due to fungus. It enters into the body after a scratch on the soles of the feet

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and may creat ulcers in the soles resembling a Valmika (Anthil or monticle). Sometimes it is found in hands, knee-joints, neck and axilla etc.

Treatment : (1) *Nimba Taila* : is a very efficacious remedy for Valmika. It is applied over the affected part.

(ii) *Manahshilādi Taila* : is a specific medicine to be applied over the affected part in Valmika. It cleans the wound and heals very quickly.

(iii) *Jātyādi Taila* : is also very efficacious in Valmika.

Chippa or Kunakha (Onchia purulenta or Whitlow).

It is an acute inflamation of the nail matrix; suppuration may spread beneath the nail causing it to become detached and fall off. It is very painful.

Treatment : The physician should try first to relieve the pain as quickly as possible.

(i) *Angulipāka-hara lepa* : is very efficacious in Chippa. It relieves the pain immediately and heals the wound quickly.

(ii) A poultice prepared from the stem of prickly pear (Nāgaphani) after removing the spine is applied to the affected nail matrix is very efficacious. It promotes suppuration and relieves pain.

(iii) The paste of garlic and black pepper is applied over the affected nail matrix. It relieves the pain.

(iv) Surgical intervention is required when there is suppuration.

Dagdha (Burns and Scalds).

Treatment : (i) The mixture made of the very fine powder of Rāla—the gum resin, Tila (Sesame) oil and lime water is applied with a feather over burns and scalds. It gives immediate relief and cures the burns and scalds.

(ii) The mixture of the white of an egg and the powder of the gum of the Babula tree with coconut oil is applied as an emollient over the burns and scalds.

(iii) The juice expressed from the stem of plantain tree is applied over the burn parts; they are then covered with the pulp of the central

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part of the tree. It is very soothing and it relieves the burning sensation immediately.

(iv) The pulpe of the leaves of Aloe barbedenis (Kumari) or their juice applied over burns and scalds gives immediate relief.

(v) Rāla is very efficacious remedy for burns and scalds. An ointment is made of the very finely powdered gum resin with wax and butter.

(vi) The ointment made of the ash of dry coconut with coconut oil is a very useful application over burns and scalds.

(vii) *Manjisthādya Malahara* : is very efficacious in burns and scalds. It is prepared with equal parts of Rubia Cordifolia (Manjistha), red sandal wood (Rakta Chandana) and the roots of Sausereria Roxburghiana (murva) made into paste and mixed with ghee to prepare the ointment.

(viii) *Dagdhāmrita Malahara* : is a specific ointment for burns and scalds.

(ix) The piece of cloth saturated with carron oil, a mixture of sesame oil and lime water, is applied over burn for quick relief; the cloth is kept moist by the occasional addition of the oil on the cloth.

(x) The powder of charred barley is one of the most efficacious remedies for wounds and blisters caused by burns; the barley is charred by pouring boiling sesame oil over it; these grains are powdered and applied over the burn parts.

Vrana, Granthi and Kshatas

(Abscess, Buboes, Tumours, Cysts and Ulcers)

(i) The leaves of Sida Cordifolia (Balā) and of allied species is very efficacious to promote suppuration of abscess. The leaves are used as poultices or lepas of the paste prepared from the leaves.

(ii) The hot leaves of Kalanchoe pinnata (Zakhme-hayat) is applied to the abscess for promoting suppuration.

(iii) Roasted onions, turmeric, and ghee, mixed together and prepared poultice and applied as warm as can be comfortably born, promotes suppuration in an abscess.

(iv) For maturing and opening boils, buboes, tumours etc. and for healing the wounds, the leaves of Argyria speciosa (Samudrashosha) are

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very useful and efficacious. The upper or the smooth green surface of the leaves is applied over the boils, buboes etc. to bring them to a head; the leaves are made hot before applying them. When the boils, buboes etc. have matured and burst open the lower or the silky hairy side of the leaves is applied next to the skin to draw out the pus; when all pus have been removed and the swelling is reduced, the upper or the smooth green side of the leaves is applied on the wounds to accelerate the healing.

(v) The ointment made of Rāla is one of the best ointments for bringing abscesses, tumours, buboes etc. to a head and for breaking them. 1 oz. of resin is boiled with 2 ozs. of sesame oil, over a slow fire, till a homogeneous mixture is formed; half an ounce of the ash of the bark of the pipal tree is added to this mixture; this ointment is spread over a piece of cloth and applied to the swollen part; one application is quite enough to break the abscess, buboes etc., and to heal the wound; the plaster will drop off by itself when the wound has completely healed.

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CHAPTER VII

UTTAMĀNGA ROGAS

(Diseases of the head, eye, ear, nose, throat, teeth and gums etc.).

In this chapter most common diseases that manifest in the above mentioned organs of the Uttamānga will be dealt with.

Shirah-Shoola (Headache)

Headache is a term used to indicate the pain of the head in general.

Treatment : The following preparations applied to the forehead brings quick relief in headache.

(i) The oil of Mahua (Bassia latifolia) expressed from the seeds is a very effective application. It brings down the headache quickly.

(ii) The paste prepared of ginger or cloves or nutmeg with water and applied to the forehead relieves the pain quickly. It is made either singly or mixed together.

(iii) The paste of ginger, cloves, cinamon and the roots of the castor oil plant is very efficacious in headache, specially in neuralgic type.

(iv) The mixture of the swarasa of henna leaves (Mehandi) and sesame oil is a very good application in headache.

(v) A few drops of the emulsion of soap-nut (Rithā) made with water is a very effective sturnutatory (Nasya) in headache.

(vi) The juice of the leaves of Sesbania grandiflora (Agastya) is given as Nasya successfully in headache.

(vii) The mixture of almond, saffron and ghee is also very efficacious Nasyam in headache.

(viii) The mixture of the powder of the seeds of Shigru (Horse radish tree) and black pepper is given as snuff to relieve headache.

(ix) The snuff prepared with the mixture of saffron and ghee is also very efficacious in headache.

(x) The patient is made to rest his head on a pillow stuffed with the leaves of vitex nigundo (Nirgundi) for the cure of headache.

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(xi) *Brāhmi Taila* : is very efficacious in headache. It is massaged on the scalp.

(xii) The juice of Guduchi (Tinspora Cordifolia) is given in doses of 1 to 2 ozs. with honey to relieve headache.

(xiii) *Shad-vindu Taila* : is indicated in all types of pain in the head. It is also used successfully in pain of the temporal region, coryza and other complaints of the nose.

(xiv) *Shirah Shoolāntaka Malahara* : is a specific ointment or balm to be used in headache.

(xv) *Godanti-Sharkarā* : is used in doses of 20 grs. with water or milk very effectively. It relieves the pain quickly.

Ardhāvabheda (Migrain or hemicrania)

It is a recurring paroxymal headache most often unilateral and sometimes associated with nausea or vomiting and visual disturbances.

Treatment : (i) The swarasa of Gorakhmundi (Sphaeranthus indicus) mixed with powder of black pepper in dose of one teaspoon of swarasa with 10 grs. of the powder of black-pepper before meal for a week is very good for the cure of migrain.

(ii) The juice of Tinspora Cordifolia (Guduchi) is given in doses of 1 to 2 ozs. with honey to cure migrain.

(iii) The Paste made of black pepper and rice with the juice of Bhringaraja (Eclipta alba), is applied to the forehead to relieve migrain.

(iv) The paste of black pepper made with the juice of vitex nigundo (Nirgundi) is given to snuff occasionally to cure migrain.

(v) Mahā-Vāta Vidhvansa, Shirah Shooladri Vajra rasa, Sutasekhara are also used as and when required to cure migrain (for detail refer appendix).

(vi) Dasamulārishta is also very efficacious in migrain.

Suryāvarta

It is that type of headache which starts with the sunrise and reaches its climax by the midday and again gradually disappears with the reduction of sunrays. This may be due to sub-acute sinusitis.

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Treatment : The general treatment as described for headache may be adopted as and when required to relieve the pain.

(1) *Mahā Vātavidhvansa Rasa* : 1 to 2 Tablets with honey and Bhringarāja swarasa, twice or thrice a day. It is very good anodyne and nervous sedative. It brings down the pain of the head very quickly. It mitigates Vāta (Nervous diseases).

(2) *Shirahshulādri Vajrarasa* : 2 to 4 grs. with butter. It is a specific medicine for all types of headache and cephalgia.

(3) *Sārivādi Lepa* : is a specific medicine to be applied over the head in Suryāvarta.

(4) The patient's bowels should be kept clean by administering some laxatives like Sevatipāka, Gulakanda or Haritaki-Khanda etc. A popular remedy in this trouble is to feed the patient some snigdha eatables like mānsarasa, or Halava or Pāyas (Pudings) before sunrise.

(5) Bhringāmalaka Taila or Shatāvari Taila are very efficacious to be applied to head.

Anantavāta

This is a kind of headache in which there is shooting, burning and penetrating pain starting from infra-orbital foramen and spreading over the entire nervous area of the head. There is tenderness over the head, salivation, lacrimation, and unilateral furring of the tongue. This may be correlated with trigeminal neuralgia of the modern medicine.

Treatment : The physician should try to locate the morbidity and causative factors of the disease and then chalk out the procedure of treatment. The eyes and nasal area should be examined for any disorder.

The treatment as mentioned in Suryāvarta i.e. lepa and nasya may be used in Anantavāta also.

(ii) Sometimes venisection (Shiravedha) on the Apanga (temporal area) becomes imperative to reduce the tension.

(iii) The decoction of Dasamula is used as Nasya (snuff) mixed with ghee and rock-salt to relieve the pain of Suryāvarta, Ardhāvabheda and Anantavāta.

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(iv) *Chandra-Kānta Rasa* : 2 to 5 grs. with honey followed by warm milk. It is a very good remedy for Ananta-vāta and Suryāvarta type of headache.

Shankhaka

It is a type of acute pain in the tempero-parietal region of the head. The pain is very severe but lasting only for about three days. Sometimes the patient gets fits due to acute pain. There is a severe pain and sometimes fever. It may be due to some disorders of the venous sinuses.

Treatment : All treatments that are described for suryāvarta except sudation may be adopted as and when required.

(i) A paste prepared of Shatāvari (Asparagus recemosus) black-tila, Yasthimadhu (Glyceriza glabra) blue lotus, Durva and Punarnava applied to the temperal region relives the pain.

(ii) The swarasa of Aparājitā root or fruit is very efficacious to relieve the pain when used as Nasya (Snuff).

(iii) A mixture of Navasādara (Amon chloride) and lime, after sprinkling a little water is given to smell to relieve the pain.

(iv) *Shirah-Shoolaghna Nasya* : is very efficacious snuff to relieve the headache.

(v) Dasamoola taila, Shadvindu taila, are very good tailas to be used as snuff in Shankhaka and other types of headahce.

In Āyurvedic texts there is description of Vātaja, Pittaja, Kaphaja, Tridoshaja, Raktaja, Kshayaja and Krimija Shirorogas. In headache due to Vata, there will be severe pain, ache or throbbing; In pitta type pain and burning and in Kapha type heaviness; and all symptoms in Tridoshaja type; while in case of Krimija (Parasitic infection) there occur-itching, stink, pricking sensation and pain. The cause of the pain in Vāta type is generally unknown and it aggravates in the night. The pain subsides by pressing the head, bandage and hot application. In Pittaja type the patient complains of a feeling as if his head is covered with some flamed coal and he gets giddiness. The pain is relived by cold application and subsides in the night. In Kaphaja type the patient complains of the heaviness, stiffness and feels that his head is covered with mucous and ice. There is flushing of face and swelling under the

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orbital area. In Raktaja type all symptoms of Pittaja type manifest and there is tenderness over the head. In Kshayaja type the pain is very serious and increases by sudation, vomiting, smoke etc. In Krimija type the patient feels that his head is being eaten by some parasites and there is watering of the nose and feeling of thril in the head.

Treatment : (i) In pain in the temples, head and forehead, palm-sudation or poultices shoud be done as and when required.

(ii) In Vātika Shiroraga, oleation, sudation and nasal medication and food and drink and poultices that are curative of Vāta disorders should be prescribed.

(iii) Generally warm poultices prepared with drugs of the cagle wood group (Agaru etc.) fried in oil or poultices prepared with life promoter group (Jiwaniya) of drugs or with jasmine or with fish or flesh are recommended.

(iv) *Rāsnādi Taila* : is a very efficacious in Vātaja Shiroroga. It is given as a snuff (Nasal medication).

(v) *Mayura Ghrita* : is a specific medicine to be in doses of 1 tola (3 drachms) with milk every morning and evening. (taken internally).

(vi) *Mahā Mayurādi Ghrita* : *Dose* : 1 tola with milk—twice or thrice. It is very efficacious in all type of shiroshoola. It is recommended in all types of headache, cough, dispnoea, stiffness of the neck and back, emaciation, change of voice and in facial paralysis.

(vii) In disease of the head due to Pitta, ghee, milk, cold application, nasal medication with Jivaniya ghrit and Pittahara food and drink is benificial.

(viii) Sandal, cuscus grass, liquorice, sida cordifolia, blue water lily, reduced to paste with milk may be used as an application, and these made into decoction may be used as affusion. Nasal drops prepared by pasting well cinamon bark, cinamon leaves, and augar and mixed with rice water should be administered followed by nasal medication with ghee in disorder of the head due to Pitta.

(ix) A ghee prepared with liquorice, sandal and Indian sarsaperilla in milk and with sugar, grapes and liquorice, is beneficial as nasal medication in Pittaja shiroraga (Headache).

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(x) In Kaphaja headache, the patient after being subjected to sudation and being purified by the administration of smoke, nasal medication and insufflation should then be treated well with application and food and drink curative of Kapha.

(xi) In Krimija Shiroroga drastic errhines should be administered. A medicated oil prepared with the paste of cinamon bark, Danti, Vyāghranakhi, Karanja, Vidanga, Nava mallikā, Apāmarga, Madanephala, seed, Amalatasa), Sirisa Haridrā, Bael, etc. and Tila oil is very efficacious to be used as Nasya (Errhine).

Karna Rogas (Diseases of the ears).

Karnashoola or earache or Otalgia.

Karnashoola indicates the pain in the ear. It may be due to so many causes—local or functional.

Treatment : The following drugs and preparations are used to cure earache.

(i) The warm svarasa (juice) of the (i) garlic, (ii) onion, (iii) holy basil (Tulasi), (iv) leaves of the Calotrohis gigantica (Arka) and (v) plantain tree are put in drops in the ear to relieve pain.

(ii) The warm mixture of sesame oil (Til taila), and the juice either of the leaves of Cleome Icosendra (Suryāvarta) or Eclipa alba (Bhāngara) or Horse radis tree (Shigru) or Vitex nigundo (Nirgundi) with addition of little rocksalt is dropped in the ears to cure pain.

(iii) The warm mixture of the juice of fresh ginger, honey, rock-salt and mustard oil is very effective to cure earache. All the ingredients are mixed together and filter with a piece of cloth and then warmed and used.

(iv) One of the best remedies for earache is prepared thus : the paste is made of the leaves of Calotropes gingantica (Akda) with conjee; this paste is placed in the hollow stem of Euphorbia surifolia and putpakva is then made of the stem; when putpaka is ready, the juice is then squeezed from it and a few drops of it is put in the ear. It cures the pain quickly.

(v) *Dipikā Taila* : Hinguādi Taila, Vilvādi Taila and Kshāra Taila have been found very effective in earache.

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Karnasrāva (Otorrhoea).

(A discharge from the external auditory meatus).

Treatment : The following preparation and drugs are used as an eardrop in cases of discharge from the ear :—

The physician should first clean the ear very softly with the help of sterilized cotton swab.

(i) An oil is prepared with the swarasa of Cleoma Icosandra (Suryāvarta) and used as an ear drop. This oil not only checks the suppuration but also cures the deafness due to suppuration.

(ii) *Rasonādi Taila* : is also very efficacious. It is dropped in the effected ear.

(iii) The mixture of one part of the powdered turmeric and twenty parts of alum is put into the effected ear after cleaning the ear.

(iv) Bilvādi Taila and Kshāra taila are very efficacious.

(v) Kusthādi Taila and Jāmvādi Taila are also very efficacious medicine in Karna-srāva.

Karnanāda & Karnakshveda

(Sounds in the ear and Tinitus urium).

In Karna-nāda the patient always feels sound in the ear and in Karnakhveda the sound is budging, thumbing and ringing.

Treatment : (i) Nishā Taila and Sambookādi Taila are very efficacious medicine for sounds in the ear (tinitus). It is dropped in the ears.

(ii) *Kshāra Taila* : This oil when dropped in the ears cures buzzing in the ear, tinitus, earache, deafness and otorrhoea.

Vādhirya (Deafness).

Treatment : (i)If the ear has gone deaf due to a chill, a piece of garlic wrapped in cotton wool is inserted into the ear as a plug.

(ii) *Suryāvarta Taila* : This oil is prepared by crushing the seeds of Suryāvarta (Cleome icosandara). It is dropped in the ear. It cures otorrhoea and deafness.

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(iii) *Madhu-Kādi Taila* : It is very efficacious medicine for deafness. It cures Karnasrāva, Karna Kandu, Karnanāda, Karnakhveda, and Putikarna also.

Charaka describes various signs and symptoms of ear diseases according to the Doshas viz. Vātaja, Pittaja, Kaphaja and Sannipātaja. He mentions that there are tinitus (noise in the ears), excessive pain, drying of the ear-wax, thin discharge and deafness due to the vitiation of Vāta; swelling, redness, bursting, burning, yellow and putrid discharge due to the vitiation of Pitta; less-hearing or diminished hearing, itching, rigidity, swelling, white and sticky discharge and mild pain in the vitiation of Kapha; and in Tridoshaja there will be all the signs and symptoms of three doshas.

Treatment : The treatment is according to the vitiation of Doshas. When there are suppuration and discharge, procedure as in the case of a wound and diet suitable to the morbid Doshas and ear drops as described earlier should be applied. Hingvādi Taila, Deva-darvādi Taila, Kshāra Taila, are to be used as and when required. For internal medicine—Sārivadi Vati, Indu Vati, and Bhairava ras have been recommended.

Netra Rogas (Diseases of the eyes).

The main organs or parts of the eyes are eye-brows, eye-lashes, eye lids, conjuctiva, cornea, sclera—the white parts, the black parts—pupil, iris, retina, lacarymal ducts etc. In Ayurvedic literature the organs of the eyes have been described under, Nayanabudbuda—the eye ball—five Mandalas—pakshma mandala, vartma mandala, swetamandala, krishna mandala and dristimandala; six Sandhis and six Patalas. It is said that diseases occur in these above mentioned parts of the eyes.

General

Sushrut describes seventysix kinds of eye-diseases. Out of these 10 are supposed to be due to the vitiation of vata, 10 due to Pitta and 13 due to Kapha vitiation. 16 are due to the vitiation of Rakta and 25 due to the vitiation of all the doshas. Two are due to external causes. Thus the total number of eyediseases are 76 according to Sushrut. Only those eye diseases shall be dealt with in this chapter which are common and can be treated by medicines.

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According to Charaka the signs and symptoms of eye disease due to the vitiation of Doshas are as follows :—Slight redness, abscence of mucous secretion and lachrymation, pricking and cutting pain occur in eye diseases due to vāta. In condition due to Pitta there will be burning acute pain, great redness, yellow discharge and profuse and warm lachrymation. White discharge profuse and viscid lachrymation, heaviness of the eye and itching occur in the Kapha type. All these symptoms together occur in condition of Tridoshaja.

Treatment : Charaka has clearly mentioned that detail symptoms and treatments are described in the treatise on the special branch of Shālākya tantra. It is not attempted by us to expetiate on them here, as that belong to the province of specialists.

(i) The infusion prepared by soaking dry Triphala (Emblic myrobalans, chebulic myrabalans, beleric myrabalans) over night in water in a new earthen pot is very efficacious for washing the eyes in eye-diseases.

(ii) The poultice of the leaves of Tanners cassia (Tarawar) boiled in milk is applied over the eyes to give relief from pain.

(iii) *Triphalā Ghrita* : *Dose* : 1 tola with milk twice daily. It is a very efficacious medicine in all types of eye diseases. Its regular use improves vision.

(iv) *Himalaya Surmā* and *Mameerākā Surmā* : are very good collyrium. Its regular use keeps the eyes cool and protects from many troubles.

Abhishyanda (Conjuctivitis).

In this eye-disease, there is inflammation of the conjuctiva. The signs and symptoms are running and reddening of the eye with pain. Sometimes the pain is acute and severe.

In Ayurveda it is said to be of four varieties viz.—(1) Vātaja, (2) Pittaja, (3) Kaphaja and (4) Raktaja.

Treatment : (i) The root of the Berberis asiatica (Dāru haridrā) is a very efficacious drug in conjuctivitis; the decoction made by boiling 2 ozs. of the root in 26 ozs. of water till the quantity is reduced to about 3 ozs. is used as a collyrium; it is mixed with honey before it is used. The compress made of this mixture is equally efficacious.

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(ii) The decoction of turmeric (Haridrā) is a very cooling application in conjuctivitis; either the eyes are washed with this decoction or the compress made with the decoction is applied over the eyes. This decoction is particularly useful in catarrhal and purulent opthalmia.

(iii) *Netra bindu* : is a very efficacious eye drop. It is a specific eye-drop for conjuctivitis and other irritation of the eyes. It removes the redness and cures the pain.

(iv) *Netrāmrita* : is another specific eye drop for conjuctivitis. It relieves the pain quickly and removes the redness and lachrymation.

(v) *Narikelānjana* : This Anjana is very efficacious in the diseases of Vartma (conjuctiva) and Netrābhisyanda.

Adhimantha (Glaucoma).

This is a condition where the intra-occular pressure is raised. In the acute stage the pain is severe. According to Ayurveda it is generally a result of negligence in treatment of Abhishyanda (Conjuctivitis). If proper care of this disease is not taken, it causes blindness.

Treatment : The physician should try to remove the tension by venisection of the angular vein below eye-brow.

(i) After venisection the treatment is like that of Abhishyanda.

(ii) The drops of onion juice is very efficacious in conjuctivitis and Glaucoma.

(iii) *Chandrodayā Varti* : It is rubbed with honey or breast milk on Sandal stone and applied to the eyes. It is very efficacious in Adhimantha, Naktāndhya and Timira.

(iv) *Triphalā Ghrita* : 1 to 2 tola with milk every morning and evening. It is very efficacious even in Adhimantha.

Naktandhya (Night blindness).

In this the patient does not see in the night. It is a symptom seen in the degenerative diseases of retina. It is also caused by the deficiency of vitamin A, B and D. In Āyurveda it is also called Shleshma-vidagdha-dristi.

Treatment : The physician should advise patient to take foods and vegetables full of vitamin A, B and D.

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(i) The leaves of Agastya (Sesbenia grandiflora) are given to eat regularly as a vegetable. At the same time the paste of long pepper made with cow's urine is applied round the eyes.

(ii) The spawn of a fish cooked with juice of Bhangara (Eclipta alba) eaten for a week cures night blindness. The diet should be light during the treatment.

(iii) Red-sandalwood (Rakta chandana) and the seeds of dry dates made into a paste with neem juice is used as salves round the eyes in night blindness.

(iv) The decoction of the leaves of Shrisa (Albezzia lebback) is given in night blindness and at the same time the juice (Swarasa) of the leaves is applied as a salve to the eyes.

(v) Liver of goat stuffed with long pepper is roasted and given to the patient suffering from night-blindness. The lever of Godha is more efficacious in night blindness. The juice of the above is also applied to the eyes to cure night-blindness.

Avrana Shukla (Corneal opacity)

In this the cornea becomes opaque or non-transparent or cloudy.

Treatment : (i) The paste of ginger made with curd is applied as salves to the eyes in opacity of the cornea.

(ii) The mixture of Rāla and honey is also applied to cure opacity of the cornea.

(iii) The inner stuff of the seeds of myrobalan (Bibhitaka) rubbed with honey is applied to the eyes to cure shukra (opacity of the cornea).

(iv) The milky juice of the Banyan tree (Vata) mixed with camphor is applied to the eyes in corneal opacity.

(v) Chandrodayā varti and Puspa-hara Anjana are very efficacious corrylium in corneal opacity.

Vividha (Miscellaneous disease).

(i) For pain in eyes—the poultice made of the Taravara (Tanner's cassia) or of Kasondi (Cassia occidentalis) boiled in milk is applied over the eyes.

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(ii) The mixture of equal parts of honey and the juice of either a betel leaf or of fresh root of the Turpith (Nishotha) is dropped in the eyes to relieve pain.

(iii) When the eyes are very painful and swollen, the poultice of Cleome iscondra (Swryāvarta) is applied round the eyes.

(iv) In the watery discharge from the eyes, the mixture of the thick decoction of Babula leaves and honey is applied as a salve.

(v) The paste of Rosot made with milk is applied to the swollen eyes.

(vi) *Rasānjanādi Lepa* : is a very good application in many eye troubles. It cures pain and watery discharge from eyes. It is applied in swollen eyes also.

Netrapāka (Panophthalmitis).

It is an eye-disease in which there is inflammation of all the tissues of the eye-ball. In this the patient complains of itching, burning, lachrimation and feeling of wetness of eyes along with purulent discharge.

Treatment : The physician should try to combat the infection and keep the eyes clean by washing them with some disinfectant eye lotion.

(i) One percent lotion of Rajata natrit (Silver nitrate) should be used to wash the eyes.

(ii) Netra bindu—prepared with sphutika (Alum) and Tutha (Copper sulphate) in rose water should be used as an eye-drop.

(iii) Triphalā Kashāya may be used for washing the eyes.

(iv) Madhu yasti Kashāya and Eranda Kashāya are also very efficacious for washing and fomenting the eyes.

(v) Rasānjana Drava 10 p. c. and Palāsa rāsakriyā drava 20 p. c. are also very efficacious for washing the eyes (Āshchyotana).

(vi) *Netrapāka-hara Anjanam* : It is prepared by keeping the Goghrita (Cow's ghee) mixed with rock-salt (Saindhava) in a copper plate for a month and then rubbed with and collected in a pot (Glass pot or Sukti). It is very effective collyrium in Netrapāka.

(vii) *Netra-pāka-hara Anjanam No.* 2 : This is a best collyrium for Netrapāka. It cures the inflammation of the tissues of eyeball, checks purulent discharge and lachrymation very quickly.

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Suskākshipāka (Xerophthalmia and Opthalmoplegia).

Ophthalmoplegia is paralysis of the eye muscle. Xerophthalmia is the dryness and ulceration of the cornea which may lead to blindness.

It may be due to the lack of vitamin A.

Treatment : The physician should treat it with the procedure and medicine described for Netrapāka.

(i) *Jātyadi Anjana* : is very efficacious collyrium in this eye trouble.

(ii) *Netraprabhākara Anjana* : is very efficacious. It is indicated in Netrasrāva also.

Savrana Shukra (Corneal Ulcer)

When there is ulcer in the cornea, it is called Savrana Shukra. There is a deficient vision, hot discharge and redness over the white portion (sclera) in this disease.

Treatment : The general treatment is to give nutritive food and drinks as far as possible, with less spices and irritative condiments. The patient should be provided with good ventilated place to live and free from dust smoke etc. His bowels should be kept clean.

(i) The surroundings of the cornea must be kept clean by removing the external foreign body. The cause of the ulceration should be remedied.

(ii) Fomentation with antiseptic lotion is very essential. For this Triphalā Kashāya is very efficacious.

(iii) *Sorakāmliya-Rajata Drava* : It is very efficacious in corneal ulcer. It is dropped in the eyes.

(iv) *Yashadāmrita Drava* : It is a very effective eye drop in corneal ulcer. It cleans and heals the ulcer of the cornea.

Kaninika Shotha (Keratitis)

It is an inflammation of the cornea.

Treatment : Good nutritive diet, fomentation of the eyes with antiseptic lotion viz. Tankanāmla Drava, Triphala Kashāya, and Daruharidrā Kashāya—are very efficacious.

(i) The paste of Rasot made with breast milk is very efficacious in Keratitis.

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(ii) A paste made of Shirish beeja (seeds of Albizzia lebback) Marich (black pepper) rock-salt and long pepper with water is very efficacious collyrium.

(iii) A paste made of Shankha, (Conch), seeds of Ziziphus Zuffa (vera ki guthali) Nirmali, grapes and Glycerrhiza glabra (Mulethi) with honey is very good collyrium for Keratitis.

(iv) A paste made of godanti, Samudraphena, flower of Shirisa with honey is another very efficacious collyrium in Keratitis.

(v) *Dārvyādi Netrabindu* : is very good eye drop in Keratitis.

Timira (Disturbances of Vision).

Timira is general term indicative of various kinds of disturbances of vision. "There are disturbances of vision, both diminution in acuteness, appearances of species and disturbance objects (Metamorphosis). The later symptoms may be divided into micropsia, when objects appear too small, and macropsia, when objects appear too large. There are often flashes of light, sparks or bright circles before the eyes etc. There is description of various types of Timira according to the effection of various Patalas (layers) and vitiation of Doshas. For detail refer to the texts on eye-diseases. If proper care is not taken in this stage it leads to cataract (Linganāsha).

Treatment : In the early stage if proper care is taken, the disease may be arrested.

(i) *Triphalā Ghrita* : is one of the best remedy to be administered in doses of 1 tola (3 drachms) with milk every morning and evening. Its regular use improves the vision.

(ii) *Himālaya Surma and Mameerākā Surma* : are very efficacious collyrium for this condition. It is highly recommended as a preventive against many eye-troubles.

(iii) *Netrāmrita Surma* : is another efficacious collyrium to cure early stages of Timira and other eye troubles.

(iv) *Chandrodayā Varti* : It is rubbed with honey or breast milk and applied to the eyes in the morning. It cures Timira, Kācha, Adhimantha and Naktāndhya.

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(v) *Nāgārjuna Varti and Sunetri* are most efficacious remedies for Timira and other Patalgat rogas. They cure Netrakandu, Netrasrāva and Netrābhisyanda as well.

Arma rogas (Pterygiums)

Arma or Pterygium is a degenerative condition of conjuctiva which encroaches on cornea. Sushruta has described eleven types of diseases occurring in the white portion of the eye (sclera and conjuctive). Out of these five are Armas, and others are Suktika, Arjune, Postaka, Sirajala, Balasa and Grathita. For detail refer to the special treatise on eye diseases. The five kinds of Armas are (1) Prastāryarm, (2) Suklārma, (3) Raktārma, (4) Mamsārma and (5) Snayuvarma.

Treatment : In Armas (Pterygium) Lekhan Karma (scraping) has been recommended. There are many medicines mentioned below which are applied as a collyrium.

(i) *Chandrodayā Varti* : is one of the best remdey for various types of Pterygium. It is also called Lekhana varti. It is rubbed in honey on a sandal stone and applied as a collyrium to the affected eyes.

(ii) *Samudraphenādi Varti* : It is a very good varti to be applied in Shuklārm and Timira.

(iii) *Sidha Nāgārjuna Varti* : is also very efficacious. It is rubbed with honey and applied to the affected eyes.

Shuktika (Xerosis)

In this disease the mucous coating of the sclera or conjuctiva becomes dry and opaque. It is generally seen as a result of Adhimantha (Glaucoma) and Pothaki (Trachoma).

Treatment : Shankha Bhasma, Chandra prabhā varti, and Puspahara Anjana are indicated in this disease. The bhasma and varti are rubbed with honey or breast milk and applied to the eyes. Anjana is applied with the help of Shalākā.

Pothaki (Trachoma).

It is a contagious inflammation effecting conjunctiva, cornea and eye lids. If proper treatment is not done, it may lead to blindness.

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Treatment : The physician should try to keep the eyes clean with some disinfectant eye-lotion.

(i) *Nayanāmritānjan or Krishna Netrānjana* - is a best collyrium to be used in trachoma (Pothaki). It should be used twice a day. It removes also burning sensation of the eyes, Timira, Pterygium etc.

(ii) *Laghumālini Vasanta* : 1 to 2 pills with honey. It is very efficacious in Pothaki—specially in chronic one.

Utsangini (Chalazion).

It is a cyst on the edge of the eye-lid from retained secretion of melbomian glands.

Anjana-nāmikā (sty).

This is also a cyst on the root of the eye-lid. It is generally seen to suppurate within a week while Utsungini persists for many months.

Treatment : Rasakeshwar gutikā, Chandra prabhā varti, and Krisna netrānjana are recommended in these diseases.

Pakshmasāta (Blepharitis)

Pakshmasāta or Blepharitis is the inflammation of the eye-lids, particularly of the edges. There is itching and burning sensation on the eye-lids and consequently the eye-lashes are destroyed. This may be of two types ulcerative and non-ulcerative.

Treatment : (i) A paste prepared of Lodhra (Sāvara Lodhra) with water and mixed with ghee is applied to the eye-lids. It cures burning sensation and itching.

(ii) The patients bowels must be kept clean by administering some laxative. For this a decoction prepared of Haritaki (Chebulic myrobalan) Pippali (long pepper) and Drākshā (black dry grapes) may be given.

(iii) *Pravāla-Panchāmrita* : is a very good remedy to be given in doses of 3 to 5 grs. with Amalaki swarasa and honey every morning and evening.

(iv) *Narikelānjana* : is very efficacious collyrium in this disease also.

(v) *Chandrodayā varti* : is also applied successfully after rubbing it with honey.

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(vi) Lekhana (Scraping) has been advised and after Lekhana the eye lids should be well washed with antiseptic eye-lotion and Tuthyādi-netrānjana should be applied.

Lagana (Chalazion)

It is also a cyst on the edge of the eye-lids from retained secretion of melbomian glands.

Treatment : Hot compress and massage are done in the early stage. Peeta Netrānjan (yellow ointment) is applied in the early stage. When it becomes very hard then surgical treatment is advised.

Chākshusa Visarpa (Herpes Zoster Ophthalmicus).

It is an eruption on the various parts of eyes-conjuctiva, cornea and sclera due to the irritation and infection of the fifth craneal nerves.

Treatment : Sushrut prescribes treatment during the stage when there is pimples. The treatment must be very soothing.

(i) Catechu, Rāla, Yasada bhasma (Zinc oxide) Sankhazarahat—are taken in equal parts and mixed together and macerated to a fine powder. This powder is dusted over the affected part carefully.

(ii) *Kālāngni-rudra-rasa* : 2 to 3 grs. is given with Triphala Ghrita every morning and evening. It is very efficacious.

Nasarogas (Diseases of the Nose).

Pratishyāya (Catarrh).

It is an inflammation of the mucous-membrane with constant flow of mucous from the nose.

Treatment : (i) In Catarrh and running of the nose Dhumra (Smoke) from the burning turmeric is inhaled through the nostrils. This causes a copious nasal discharge and brings quick relief. In this treatment no water should be taken for some time after taking this inhalation.

(ii) The fried turmeric powder in ghee in doses of 1 to 2 drachms in hot milk is given to drink twice or thrice daily. It gives immediate relief.

(iii) *Surasādiphānta* : 2 to 4 ozs. twice or thrice daily is very efficacious in Pratishyāya.

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(iv) The paste made of nutmeg (Jaiphala) with cow's milk is applied with the addition of a little opium to the nose and forehead to cure running of the nose.

(v) The compound powder made of equal parts of cinamon, black pepper, cardmons and the seeds of Nigeria Sattiva (Krishna Jeeraka) is given as a snuff is particularly efficacious, when the patient is not able to sneeze or to blow his nose to open the blocked passage.

(vi) A hot cup of milk taken with powdered black pepper and sugar or milk boiled with turmeric powder and sweatened with sugar is very efficacious in nasal catarrh.

(vii) A drink of a pint of hot water mixed with the juice of two lemons and sugar to taste, taken at bed time gives quick relief in nasal catarrh.

(viii) *Chaturushna Churna* : in doses of 15 to 30 grs. is the standard preparation in running of the nose.

(ix) *Vyāghree Haritaki* : 2 to 3 drachms with warm water is very efficacious in cold and coryza. It is beneficial in respiratory troubles, hoarseness and indigestion.

(x) *Kantakāryavaleha* : 1 to 2 teaspoonful with warm water. It is very efficacious in chronic coryza, cough, bronchitis, nasal discharge and hicough.

(xi) *Vyoshādi vati* : is a specific medicine for Pratishyaya (Catarrh). *Dose* : 1 to 2 tablets.

Nāsārakta (bleeding from the nose or Epistaxis).

(i) The following drugs are very efficacious for checking bleeding from nose :—

(*a*) Very fine powder of very young flower of the pomeogranate (Dadima) tree used as a snuff.

(*b*) A few drops of the swaras of onion, durvagrass, the vitis quadrangularis (Asthisamghāti), and the shelled mango seeds.

(ii) The ripe figs or Ficus racimocus (Gullara) eaten with honey or gur checks nasal bleeding.

(iii) The fine powder of Sphutika (Alum) is given as snuff mixed with cow's ghee to check bleeding from nose.

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(iv) *Suvarna-Mākshika-Bhasma* : 2 to 5 grs. with Kusmānda swarasa or Durva swarasa and honey is very afficacious.

(v) Muktā-bhasma and Pravāla Pishti in doses of 1 to 2 grs. and 3 to 5 grs. respectively are recommended in bleeding of the nose to be administered oraly with Durva swarasa and honey twice or thrice a day.

(vi) *Kushmānda Khanda* : 2 to 3 drachms. with water or milk is very efficacious in Nāsārakta and Raktapitta.

Nāsāshotha (Rhinitis).

It is aṅ inflammation of the nasal mucous membrane.

Treatment : (i) Nasal wash with the lotion prepared from Tankana (fried borax) is very effective.

(ii) *Vyāghri Taila* : is very effective medicine in Rhinitis and other inflammatory troubles of the nasal mucous membrane.

Pinasa (Chronic Catarrh)

It is a chronic inflammation of the nasal mucous membrane. There is bad smell in the nasal discharge.

Treatment : *Anu Taila* : is a specific medicine for Pinasa. It is dropped in the nostril. It removes chronic inflammation.

(ii) *Shadbindu Taila* : is also very effective in Pinasa.

Putināsā (Ozaena).

It is an atrophic condition of the nasal mucous membrane associated with crusting and foetor.

Treatment : (i) A paste made of saffron and ghee is snuffed in cases of Ozaena.

(ii) The powder of the dry leaves of holy Basil (Tulasi) is used as a snuff to cure Ozaena.

Nāsārsha (Nasal Polypus)

It is a pedunculated tumour arising from the mucous membrane of nasal cavity.

Treatment : (i) To remove polypi from the nose a few drops of the water in which the roots of Lageneria Vulgaris (Kadavi tumbi) have been macerated are placed in the nostrils.

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(ii) *Shad-vindu-Taila* : 3 to 6 drops are placed in the nostrils. Charaka describes many kinds of Pratisyāyas (Coryzas) such as there will be pain and pricking sensation in the nose, sternutation, watery discharges and affection of the voice and the head due to vāta; inflammation of the tip of the nose, fever, dryness of the mouth, thirst and hot and yellow discharge from the nose in a condition due to Pitta; and cough, anorexia, thick and profuse discharge, heaviness and itching in the nasal passage occur in condition due to Kapha. All the symptoms occur with acute pain and great discomfort in rhinitis due to all the Doshas. All types of Pratisyāyas mentioned above if aggravated by unwholesome diet or neglect, will develop into pernicious types of Pratishyāyas (Dusta-pratisyāyas). Then it will give rise to various disorders of Sturnutation (Kshavathu), atrophic rhimitis, nasal obstruction, nasal cattarh, ozaena, chronic rhinitis, purulent rhinitis, etc.

Treatment : In coryza due to vāta accompanied with cough and laryngeal disorders, the patient may drink ghee mixed with alkali (Kshāra) or meat-juice or warm milk or may inhale unctuous smoke. He should smoke cigar prepared of dill seeds, cinamon bark, roots of heartleaved sida, Indian calosanthis, castor plant, Bael, Purging cassia, bees wax, fat and ghee or the physician may administer inhalation by mixing powder of roasted paddy and ghee and filling them in a pipe to the patient suffering from recent coryza.

In pain in the temples, head and forehead, palm sudation or poultices should be done, and in sneezing, nasal catarrh and nasal obstruction mixed sudation and other varities of sudation should be administered after duly inuncting the patient. The powder of ginger grass, cumin seeds, sweat bacha, arani, angelia as also the powder of cinamon bark and leaves, black pepper, cardemon and black cumin should be used as snuff.

In dryness of the inter comunicating chanels of the nose, ear and eyes oil should be used as nasal medication. Soak tila seeds in goat's milk and make paste with the same milk. Thus add to the paste the pulves of liquorice root and cook it with goat's milk steam on a low fire and express oil from it with the help of the same milk. This medicated oil prepared in ten times the decoction of Dasamula with the

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paste (Kalka) of Rāsnā, Madhuyasti and rock salt. This oil is known as 'Anu Taila.' This is a very effective in vātaja pratisyāya.

In coryza (Pratisyāya) due to Pitta, medicated ghee and medicated milk with dry ginger should be taken in order to ripen it; and when ripe errhines should be administered. *Pāthādya* Taila is the best nasal medication (errhine) in Pittaja Pratisyāya.

In condition of discharge of pus and blood from the nose, decoctions and nasal medication indicated in the vitiated condition of blood and pitta and in suppuration, burning and similar other conditions and frunculosis, cooling applications and effusions as well as stringent, sweat and cooling snuff and nasal medication should be administered. In coryza due to slight pitta errhination should be carried out with unctuous medication.

In heaviness, anorexia and other conditions in coryza due to kapha, lightening therapy should be given in the beginning and in order to ripen it, sudation and hot effusion should be given after anointing the head with ghee.

Garlic mixed with the flour of green gram and the three species (Trikatu) Kshāra and ghee should be given and when the Kapha is precipitated, emesis (Vamana) with Kapha-curing drugs is beneficial.

In condition of Chronic Rhinitis (Pinasa) in nasal catarrh accompanied with itching and in coryza due to Kapha, inhalation and nasal drops prepared with pungent drugs should be given. The powder of red arsenic (Manah shila) Bacha, Trikatu, Vidanga, Hingu and Guggulu may be inhaled.

Maggot

To destroy maggots infesting the nose either well boiled castor oil is snuffed or the fine powder of the dry leaves of the sweat basil (Babui Tulasi) is used as a snuff or the decoction of the plant of sweat Basil is used as nasal douche.

Mukha rogas

(Diseases of the mouth)

Charaka describes four types of Mukha rogas (diseases of the mouth) due to the vitiation of Vāta, Pitta, Kapha and Tridoshas. He mentions

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that in diseases of the mouth due to Vāta, there will be dehydration, roughness, dryness, fleeting pain, dusky red colouration, salivation, coldness, loosening of teeth, throbbing pricking pain and fissures. In a condition due to Pitta, there will be thirst, fever, sores, burning and ulcerations. fainting, various kinds of pain and discolourations except that of white and dusky-red one. And in the disease of mouth due to Kapha, there will be itching, heaviness, pallor, sliminess, unctuousness, ptyalism, nausea, weakness of the gastric fire, torpor and dull pain. If all these symptoms appear together, then it is to be regarded as a mouth disease due to all the three Doshas.

These diseases of the mouth are sixty four in number when designated according to seat of affection, susceptible body-tissues and shape. It is not possible to describe all of them in this short treatise. Some important and common diseases of the mouth will be dealt with here.

General treatment : Smoke, insuflation, purgation, emesis, starvation, and dietetic regimen-these administered according to the morbid Doshas are beneficial in the diseases of mouth. Take the powder of long pepper, eagle-wood, bark of Indian berbery, pāthā, yavakshāra dry extract of Indian berbery, Tejowati, and Chebulic myrobalan in equal quantity; this mixed with honey, should be kept in the mouth in all varieties of oral disorders. This again, prepared with Sidhu wine, Madhu wine and or with Madhuka wine makes an excellent mouth wash.

(i) *Kālaka churna* : mixed and macerated with honey is applied to the throat in throat affections and is kept in mouth in diseases of mouth. It cures many affections of the tooth, mouth and throat.

(ii) *Peetaka Churna* : This is an excellent remedy for the affections of mouth and is popularly known as yellow powder. It is mixed with honey and ghee and kept in the mouth to cure many diseases of mouth. It is also applied to the throat in throat diseases.

Mukhashotha and Mukhapāka

(Stomatitis).

Mukhashotha is an inflammation of the mouth and Mukhapāka is ulceration in the mouth.

Treatment : The following preparations used as gargles are very efficacious.

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(i) (*a*) The decoction of the leaves of either Embelic Myrobalan (Āmala) or Hena plant (Mehandi), or the guava tree (Amarudha) singly or mixed with alum powder is very good gargle in stomatitis.

(ii) Khiri-briksha-Tvak-Kashāya : the decoction of the bark of milky trees such as Vata, Udumbara, Pipala, Plaksha (trees of Ficus species) is very efficacious gargle in stomatitis.

(iii) Abhayā Madhu : the fine powder of the chebulic myrobalan (Haritaki) macerated with honey is very effective application in Mukha-shotha and Mukhapāka.

(iv) The decoction of the leaves of jasmin (Chameli) is very efficacious gargle in stomatitis.

(v) Gularin or Udumbar-sāra : is very efficacious medicine in stomatitis. It is applied in the mouth mixed with honey. The bowels of the patient suffering from stomatitis must be kept clean by administering some laxatives.

Oshthagatarogas

(Diseases of lips).

In Āyurvedic texts eight kinds of diseases of lips due to Vāta, Pitta, Kapha, Tridoshaja, and Raktaja, etc., are described. They may be co-related with cracking of lips, herpes labialis, epithilioma, and cancrum oris, etc.

Treatment : Treatments are according to symptoms. (i) Honey mixed with cow's ghee is applied to the cracked lips. (ii) If there is ulceration over the lips, gularin or udumbarsāra mixed with honey and ghee is applied over the lips. (iii) In herpes labialis-Shatadhauta ghrita mixed with yasada bhasma and a little camphor is applied to the affected parts of the lip.

(iv) Cancrum oris and epitheleoma : refer to surgical treatment.

Dantavestagatarogas

(Diseases of the gums)

Shitāda (Spongy gum).

Treatment : (i) Catechu is very efficacious in spongy gum. A piece of it is allowed to dissolve slowly in the mouth. It is beneficient in ulcerated gums also.

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(ii) Udumbara Tvak Phānta : is very good mouth wash in spongy gum.

(iii) The decoction of the Babbula leaves is a very efficacious gargle in Shitāda or spongy gum.

(iv) Kshiri-vriksha-Kashāya : is very efficacious mouth wash and gargle in spongy gum.

(v) Irimedādi Taila : is a specific oil to be massaged with. It cures pyorrhoea, bleeding gums, gingivitis and other complaints of mouth.

Dantapupputa (Gum boils).

Treatment : (i) The paste made of the green bark and leaves of pipala tree with honey, applied to the gums three or four times a day, cures gum boils.

(ii) The latex from the stem of the Papaya tree is a useful application on the ulcerated and swollen gums. It is very efficacious in Dantapupputa (Gum boil) as well.

Dantashoola (Toothache).

Treatment : (i) The Swaras a of Mandar leaves (Indian coral tree) mixed with honey is applied to the aching tooth. It subsides the pain.

(ii) A piece of the gum from the trunk of the Babbula tree or the Shigru (Horse radish tree) placed near the aching tooth brings quick relief.

(iii) A drop of clove oil (Lavanga taila) applied with a swab to the aching tooth relieves the pain immediately.

(iv) Dantashoola-hara : is a specific medicine for toothache.

Krimidanta (Dental caries).

Dental Caries is an inflammatory decay of tooth associated with pus forming.

Treatment : Shigru Kvātha (decoction of the roots of horse radish) is a very useful gargle for the cure of dental caries.

(ii) A small pil made of opium and fried asafoetida (Hingu) or of a paste of Dhatoora seeds placed in the dental cavity gives quick relief from pain.

(iii) The milky juice of Calatropis gigantica (Arka), applied to the carious tooth, stops pain very quickly.

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(iv) Vrihatyadi Kashāya : is a very efficacious gargle mixed with Tila oil in dental caries.

(v) Danta-dosha-hara manjana : is very good tooth powder to be used in dental caries.

Dantavestha (Pyorrhoea).

Pyorrhoea or Dantaveshtha is a disease where there is a flow of blood and pus from the tooth sockets.

Treatment : (i) Dantaveshthari is a specific medicine for pyorrhoea. It checks the bleeding and formation of pus. It is applied to the bleeding gums and massaged.

(ii) Danta-prabhākara Manjana : is a very efficacious tooth powder. Regular use of this tooth powder cures dental diseases, bad odour, discharge of pus, and bleeding from the spongy gum.

Maggot infested teeth

Treatment : (i) Anantamula and Balā are very efficacious drugs to remove the maggot infestation. A pill made of equal parts of the leaves of Indian Sarsaperila (Anantamula) and Sida Cordifolia (Balā) is placed in the mouth for removing maggots infesting the teeth. These pills also relive the toothache and make the teeth firm.

(ii) Hot piece of onion is soaked in Tila oil and the smoke coming out of it is used for fumigation of the mouth. It induces profuse expectoration and thus aids quick removal of maggots infesting the teeth. Oil soaked onion pieces are placed in a container which is placed over a fire; the cover of the container is provided with holes through which the patient inhales the hot vapours and fills his mouth with them.

(iii) A piece of camphor or fried asafoetida or of the bark of bitter luffa (Kadavi Tadoi) placed near the infested tooth draws out the maggot.

(iv) Fumigation of mouth by inhaling the fumes from the ripe fruits of Trichosanthes bracteta (Indra-vāruni) placed on a hot plate induces expectoration of maggots infesting teeth.

Chaladanta (Shaky teeth).

Treatment : (i) Vāta-praroha (berial root of the banyan tree) or the tender shoots or the roots of Salvedora persica (Pilu) or the root

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of Jatropha (Vyaghrairanda) are used as a tooth brush. Their regular use as a tooth stick makes the teeth firm and cures the toothache.

(ii) Udumbarasāra : is a standard preparation applied to the gums and teeth. It is an efficacious remedy for pyorrhoea and shaky teeth.

(iii) Danta prabhākara manjana : is very efficacious tooth powder. It cleans the dirts of the teeth and make them firm.

(iv) Bakulādya Taila : is a specific medicine for shaky teeth.

Shaushira (Gingivitis).

Gingivitis is an inflamation of the gum.

Treatment : (i) Irimedādi Taila : is a specific oil to be applied as a massage to the gum and teeth. It cures the inflammation of the gum, pyorrhoea, bleeding gums, bad odour from mouth, gum boils, gingivitis and other complaints of the mouth.

(ii) Dasana Samskāra Churna : is a very effective tooth powder. Its regular use cleans teeth and gives them sparkling shine . It cures gingivitis.

(iii) The powder of the root bark of Alpina galanga (Kulanjana) mixed with honey is an efficacious dentifrice in dental diseases.

(iv) The fine ash of the burnt shells of almond mixed with a little salt is very useful dentifrice to make teeth strong and firm.

(v) The Paste made of the flowers of woodfordia fruiticosa (Dhātaki), long pepper (Pippali), the juice of Embelic myrobalan (Āmalaki) and honey is rubbed to the gums of children to encourage easy cutting of teeth.

Danta-harsha (Odontitis).

In Danta-harsha, there is inflamation of the teeth.

Treatment : (i) Gargle with Kshīrivriksha Tvak Kashāya is very efficacious.

(ii) Massage with mustard oil mixed with rock-salt is very efficacious.

(iii) *Lākshādya Taila* : Gandusha dhārana (keeping the oil in mouth) relieves many dental troubles like Danta-harsha (Odontitis)

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Dālana (cracked or fissured teeth), Chala-danta (shaky teeth), Kapālikā (Tartar) etc. It makes the teeth strong and firm.

Danta Sharkarā and Danta kapāla.

(Dental Tartar and separation of enamel)

Treatment : As these diseases are generally due to calcium deficiency, the patient should be administered some calcium preparation such as (1) Pravāla pishti, (2) Muktā sukti bhasma, and Pravāla Panchāmrita rasa etc.

(i) The teeth require to be cleaned by use of dentrifice tooth powder such as Dasana Sanskāra churna, Danta rogāsani churna and Lākshādi taila.

Scurvy

This is a disease due to errors in diet especially due to lack of vitamin C. Clinical features include fatigue and haemorrhage. Later may take the form of oozing at the gums or large echymosis.

Treatment : The deficiency of Vitamin C should be made or compensated by providing sufficient vegetables containing Vitamin C. Green Āmalaki (Embelic myrabalan), lemon, orange, guava etc., should be provided to eat.

(i) Tamarind (Imli) is a very efficacious drug for scurvy. 1 oz. of the pulpe of the ripe fruit is well macerated in a pint of cold water. The strained liquid is taken with the addition of 1 drachm powder of each of cloves, cinamon and cardemom.

Jihvā rogas (Diseases of the tongue).

Jihvā Kantaka

Jihvā Kantaka is a chronic diffuse glositis. It may be due to vāta, Pitta and Kapha. In Vātaja there is crack or fissure on the tongue. In Pittaja the tongue is red glued and in Kaphaja it resembles lucoplakia. It is generally secondary symptoms in syphilis and alchohalism.

Treatment : The main disease is to be treated.

(i) Udumbarsāra : is an efficacious medicine to be applied over the tongue mixed with honey.

(ii) Khadirādi vati : may be applied mixed with honey & ghee.

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(iii) In Jihvā pāka or Shotha, the medicine described for Mukha-Pāka may be used.

Kantha and Galarogas.

(Diseases of the throat and Larynx)

Kanthasundi (Elongated Uvula)

Treatment : (i) Garlic juice is very efficacious in enlarged uvula. It is applied on the enlarged uvula.

(ii) The paste made of tamarind seeds (Imli) with water is applied on the enlarged uvula.

(iii) Chewing ginger or root of vitex negundo is very efficacious when the uvula is enlarged.

(iv) Kālaka Churna : macerated with honey is very efficacious application in Kantha Sundi.

Tundikari (Tonsilitis).

It is an inflammation of the tonsils. It is enlarged also.

Treatment : Hastisundi (Heliotropium Indicum) is a very efficacious drug for tonsilitis. The decoction of the leaves and flower is given every two hours internally and also used as a gargle. *Dose* : 1 cup (1 to 2 ozs.)

(ii) Guggulu is used as a gargle in chronic tonsilitis.

(iii) The decoction of the bark of Mahua tree (Mahova) is an excellent gargle for acute and chronic tonsilitis.

(iv) The lozenge made of catechu with Babbul gum and sugar is kept in the mouth and slowly chewed in tonsilitis.

(v) Kālaka churna and Peetaka churna are very efficacious in tonsilitis and other affection of the throat.

General

(i) The decoction of the bark of Babbula tree is used as a stringent gargle and mouth wash in relaxed sore throat and other disease of the throat.

(ii) A piece of catechu soaked in Tila oil if kept in mouth gives great relief in sore throat and hoarsness.

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(iii) A piece of Kulanjan (Alpina galanga root) if kept in mouth and slowly chewed give great relief in congestion of the throat and hoarsness.

(iv) The decoction of the figs of ficus recemosus (Gular) is very efficacious gargle in sore throat.

(v) Vacha (Acorus calmus) of sweet variety is very efficacious in throat affections. 10 grs., of the root put in hot milk and is used as a hot drink. It relives congestion of the throat and clears the voice.

(vi) Ashtanga Avaleha : is also very good remedy. It is licked twice or thrice in a day. It cures throat troubles.

(vii) Kantha-Sudhā-Vati and Tejowatyādi vati are very efficacious in throat diseases.

(viii) Pravāla bhasma and Yasada bhasma are used internally in doses of 2 to 5 grs. with honey and ghee in throat troubles.

(ix) Gandhaka rasayana : in doses of 3 to 5 grs. with ghee is very useful and efficacious in throat troubles.

(x) The leaves of the Jujube tree (Bera) and of other species of Jujuphus fried in ghee are taken with little rocksalt. They are very efficacious for sore throat and hoarsness.

(xi) Brāhmi ghrita : *Doses* : ½ to 1 tola (2 to 4 drachms) with milk is a very good remedy for hoarsness.

Glandular diseases

(general).

Treatment (i) Kumāri Swarasa (Juice of the leaves of Aloe barbadenis) mixed with Haridrā (turmeric) powder is very efficacious in glandular affections. It is given orally.

(ii) The milky juice of Euphorbia nerifolia (Snuhi) is very good application over the glandular swelling to prevent suppuration.

(iii) Dhatoora capsules macerated with powdered turmeric are applied as a poultice in glandular swelling.

(iv) Shigru patra kalka : the poultice made of leaves of horse reddish tree is applied over the glandular swelling to promote absorption.

Galganda (Goitre)

Galganda is an enlargement of thyroid gland.

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Treatment : (i) Dhatoora leaves macerated with the paste of quick lime and gur is applied on goitre.

(ii) The decoction of Crataeva nervula (Varuna) is very efficacious with honey. It is given orally in doses of 1 to 2 ozs.

(iii) Galgandahara lepa : is a specific medicine. It is applied over the goitre.

(iv) Galganda Kandana rasa : 5 to 10 grs. is given with honey.

(v) Kānchanāra guggulu : is a specific medicine for galganda (goitre). *Dose* : 10 to 15 grs. with honey.

Gandamāla or Apachi

(Scrofula)

It is a chronic inflammation of glands, specially of the lymphatic glands.

Treatment : (i) Kulthi (Dolichos biflorus) is very efficacious drug for scrofula. The decoction of it is given in doses of ½ to 1 oz. mixed with the powder of black pepper.

(ii) Indra vārunimula (the roots of the colocynth) : is very efficacious drug for scrofula. The swarasa of the root in doses of ½ to 2 drachms is given with cow's urine; the powder of the root in doses of 20 to 30 grs. with cow's urine.

(iii) Kānchanāra (Bahunia variagata) the bark of this tree is used as decoction in doses of 1 to 2 ozs. It is very efficacious in scrofula and goitre. The decoction is given with a little ginger powder.

(iv) The paste prepared of leaves of sarpunkha (Tephrosia purpurea) with turmeric and rice water is applied as an ointment over the affected parts.

(v) Katutumbi Taila : is very efficacious oil to be applied over the scrofulous glands.

(vi) Kānchanāra guggula : is very efficacious in scrofula, goitre and tubercular addenitis.

(vii) Gandamālā Kandana rasa : is a specific medicine for scrofula. *Doses* : 3 to 5 grs. with honey.

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Mānasika Vikāras (Mental disorders).

It is not possible to describe all the mental disorders in this small treatise. Therefore only those mental disorders will be dealt with which are common and which can be treated easily on out-door treatment basis.

General treatment : (i) Brāhmi (Centella Asiatica) is very efficacious drug to be used in mental disorders. Its swarasa is given with addition of honey. It is a brain tonic.

(ii) 3 Drachms Swaras of Brāhmi is given with 45 grs. of the powder of the root bark of Alpina galanga (Kulanjana) and honey in cases of mental disorders like psychosis and neurasthenia.

(iii) Brāhmi Sarvata is another popular preparation used in many mental disorders in doses of 2 to 4 drs., singly or mixed with another medicine.

(iv) Brāhmi Taila : is also advised to massage on head in mental disorders. It is very soothing.

(v) Jatāmānsi (Nardostachya jatāmānsi) : is an efficacious drug to be used in mental disorders. The powder of the root is given in doses of 30 to 40 grs. with honey. A phānta prepared by infusing 2 drachms of the crust root in half a pint of boiling water for an hour is given in 1 to 2 ozs. dose.

(vi) The juice of pumpkin fruit (Pehtā) is given with honey in doses of 1 to 2 drachms in mental disorders.

(vii) Shankha pushpi : 15 to 30 grs. of its powder is given with honey in mental disorder. It is a very good brain tonic.

(viii) Sāraswatārishta : 3 to 4 drachms to be taken after meals. It is a reputed medicine for its soothing and recuperative properties on the nervous system. It improves intellect and memory. It is recommened in all types of mental disorders.

(ix) *Sāraswata Churna* : is a very good medicine for mental disorders. It is used to cure loss of memory and nervous strain, insomnia etc. *Doses* : 15 to 30 grs. with honey.

(x) Brāhma rasayana : is a very effective medicine for mental strain, loss of memory, and hoarseness of voice. *Dose* : 2 to 4 drachms.

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(xi) Brāhmi ghrita : is very efficacious in loss of memory and insomnia. *Doses* : 2 to 4 drachms with milk.

(xii) *Chintāmani Chaturmukha rasa* : *Doses* : 2 to 5 grs. with honey. It is a reputed brain tonic and is used in many mental disorders.

Apatantraka (Hysteria).

Hysteria is a kind of neurosis usually arising from mental conflict and repression and characterized by the production of a diversity of symptoms.

Treatment : The best treatment of hysteria is psyco-therapy. The patients bowels must be kept clean by oily enema.

(i) Dikamali powder : is very efficacious in hysteria. The doses are 2 to 4 grs. with honey and water.

(ii) A pill made of fried asafoetida, 1½ grs. fried gum 1½ grs. and Aloe barbedenis (Kumari) with honey is very good remedy for hysteria. It is to be given twice or thrice daily with honey or water.

(iii) The paste of the leaf of the custard apple tree (Sharifa) applied to the nostrils brings quick relief during attack.

(iv) *Udbodhana Nasya* : is also very efficacious during attack.

(v) The compound powder consisting of musk half a drachm, fried asafoetida 4 drachms, ginger 2 drachms, and black pepper 2 drachms given in doses of 10 to 20 grs. with honey is very efficacious in hysteria.

(vi) Vātakulāntaka rasa : 3 to 5 grs. is very efficacious medicine in hysteria. It cures loss of consciousness and other nervous diseases.

Apasmāra (Epilepsy).

Epilepsy is a recurrent paroxysmal disorder of cerebral function characterized always by variable clouding of consciousness often associated with localised or generalized convulsions and due to an abnormal discharge of nerve impulses in the brain.

Treatment : The following preparations are used as Nasyam (Sternutatories or errhines) during attacks :

(i) Juice of Luffa (Kadavi Tadoi) and Euphorbia nerifolia (Snuhi) singly or mixed together.

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(ii) Agastya Patra (leaves of Sesbania grandiflora) macerated and mixed with black pepper and cow's urine.

(iii) Mulethi (Liquorice root) made into a paste with pumpkin fruit (Pehtā) juice is very efficacious in epilepsy (Apasmāra) every morning and evening for three days.

(iv) Brāhmi Swarasa with milk is also very efficacious.

(v) Vacha (Acorus Calmus) of sweat varities in doses of 20 to 25 grs. with honey twice a day is very effective drug in epilepsy. Only milk diet is to be given to patient during the course of treatment.

(vi) *Pancha Gavya ghrita* : *Doses* : 2 to 4 drachms with milk every morning and evening. It is a renowned medicine for Apasmāra (Epilepsy).

(vii) Chandrāvaleha : 2 to 4 drachms with milk, every morning and evening. It is a very useful medicine for hysteria, epilepsy, insomnia and other mental disorder.

(viii) Apasmārāntaka rasa : 2 to 5 grs. with honey every morning and evening. It is a specific medicine for epilepsy.

Anidr (Insomnia).

The patient does not sleep in this disease.

Treatment : Some hypnotic drug and soothing oil are used in this trouble.

(i) The salve made of nuteg (Jāyaphala) with ghee applied to the evelids induces sleep. The powder of nutmeg in doses of 10 to 20 grs. is taken orally to induce sleep.

(ii) The mucilage prepared by infusing two parts of popy seeds (Rāmadānā) and one part of lettuce seeds (Kāhu) in water is an efficacious soporific. It is taken with sugar.

(iii) Asvagandha churna : in doses of 30 to 60 grs. with sugar and ghee is very good remedy in insomnia.

(iv) Ashvagandhārista : 3 to 4 drs. after meal is very effective to bring sleep. It is a reputed tonic also.

(v) Nidrodaya rasa : 2 to 5 grs. with honey. It is a powerful medicine to bring sleep.

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Murchhā (Fainting fits).

Treatment : (i) Garlic and onion is used as smelling salts in this disease.

(ii) A snuff prepared of ginger, black pepper, and long pepper (Trikatu) is very efficacious in fainting fits (Murchhā).

(iii) Agastya patra swaras (the juice of the leaves of Sesbania grandiflora) with the powder of black pepper given as snuff cures fainting fits (Murchhā) of children.

(iv) Murchhāntaka nasya : is a specific snuff given to the patients suffering from fainting fits.

(v) Muktā-pisti : in doses of 2 to 5 grs. given with the juice of the flowers of Pumpkin and honey is very efficacious in fainting fits.

(vi) Ashva-gandhārista and Sāraswatārista : are also very efficacious medicine in fainting fits and apoplexy.

(vii) Tāpyādi Lauha and Chandrakalā rasa : are very beneficial in fainting fits and convulsions.

(viii) Shwāsakuthāra rasa : is also used as snuff in fainting fits.

Bhrama (Giddiness or Vertigo)

Treatment : This may be due to so many causes. The physician should try to remove the causes of giddiness.

(i) Muktā bhasma and its preparations are very efficacious in vertigo.

(ii) Sutasekhara rasa : *Doses* : 2 to 5 grs. with Āmalaki Swaras and honey is very beneficial in vertigo.

(iii) Vasanta Kusumākar rasa : *Doses* : 2 to 3 grs. with honey. It is indicated in all types of nervous debility and vertigo. It is a brain and heart tonic.

(iv) Sārasvatā rista and Ashvagandhārista : are very beneficial in giddiness.

(v) Lakshmivilāsa rasa : 2 to 5 grs. with honey. It is a very powerful medicine for nervous break down and vertigo.

Madātyaya (Alcoholism).

Treatment : (i) Rājavarta bhasma : *Dose* : 2 to 5 grs. with butter or Malai. It is very good for alcoholism.

(ii) Muktāpisti : 2 to 3 grs. with honey is very beneficial in alcoholism.

(iii) Kusmāndāvaleha : *Dose* : 2 to 4 drachms with milk. It cures alcoholism very quickly.

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CHAPTER VIII

STRIROGAS (Diseases of the women)

Garbhasrāva (Abortion and Miscarriage.).

Abortion means premature birth. It is an abrupt termination of a process i.e. expulsion from uterus of products of conception before it is viable i.e. before the end of the 28th week. Miscarriage is the lay term for an abortion. In Āyurvedic terminology when there is abortion upto fourth month of pregnancy it is called Garbhasrāva and when it is in fifth and sixth month it is called Garbhapāta.

Treatment : (i) When there is a danger of abortion or miscarriage the physician should try to stabilize the embryo by administering some garbhasthāpaka yogas. For this the mixture of equal parts of barley (Yava), tila and sugar powder together should be given with honey twice or thrice.

(ii) Pomeogranate leaves, sandal wood, curds and honey mixed together and well macerated and given in threat abortion prevent miscarriage.

(iii) The bark of Lodhra tree with long pepper and honey given with milk prevents miscarriage.

(iv) When there is danger of miscarriage Bhringrāja swarasa (juice of Eclipta alba) with equal quantity of cow's milk should be administered.

(v) In cases of habitual abortion the fried asafoetida (Hingu) is very efficacious. One and half grains of fried asafoetida given twice a day as soon as the pregnancy has commenced and the dose gradually increased upto 15 grs. a day and then gradually decreased to three grains a day to be continued till the birth of the child has been proved very successful.

(vi) Ficus recemosus (Gular) is given with sugar to the expectant mother to prevent abortion. The decoction of the bark in doses of 1 to 2 ozs. is given with sugar.

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(vii) Phalakalyāna ghrita : is a reputed medicine for habitual abortion. *Dose* : 3 to 5 drachms with milk.

(viii) Garbhapāla rasa : 2 to 5 grs. with honey. It is a specific remedy for many troubles of an expectant mother. It cures nausea, vomiting and similar ailments during pregnancy.

Akāla-Āvishoola (Abnormal labour).

Treatment :

(i) Whenever there is abnormal labour, the paste of the root of the Indravāruni (Colocynth) made with water and ghee should be applied below the navel and on the vagina to facilitate parturition.

(ii) The macerated roots of the Vāsak (Adhatoda Vasica) are applied on the pubic region and the vagina to help parturition.

(iii) The decoction of the root-bark of cotton plant is given in *doses* of 1 to 2 ozs. to increase labour pain.

(iv) To expedite labour pain the flowers of the Luffa achinata (Devadali) are given in *doses* of 3 drachms with milk to the expectant mother. This is one of the best medicines.

(v) To help easy labour, the pessary made of the powdered root of Cassia tora (Chakramarda) is placed inside the vagina. The pessary is made by placing the roots powder in a oil-soaked cotton bag.

Morning sickness

(i) To check nausea or vomiting in the early stage of pregnancy a mustard poultice is applied on the abdominal region.

(ii) The powder of chirata and sugar mixed in equal parts and taken in doses of 10 to 15 grs. checks nausea and vomiting.

(iii) 45 grs. of coriander seeds (Dhania) and 180 grs. of sugar mixed together and given with rice water checks nausea and vomiting.

(iv) The pulp of the bael fruit taken with parched rice and water checks nausea and vomiting.

(v) The decoction of ginger and dry unripe bael fruit is very beneficial with barley flour.

Prasavottara chikitsā (Post-natal treatment)

(i) After parturition the physician should administer medicine for the contraction of uterus. For this the following drugs are very efficacious :-

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(*a*) A small quanity of fried asafoetida (Hingu) with garlic, gur and honey increases the lochial discharge after child birth.

(*b*) Kanyāsāra (aloe) in doses of 3 to 7 grs. with gur is very effective to increase lochial discharge.

(*c*) The decoction of Kulthi (Dolichos bifeorus) taken after child birth promotes lochial discharge.

(*d*) When the vagina is swollen and ulcerated after childbirth, a douche of the decoction of the leaves of vitex nigundo (Nirgundi) is very useful. It heals the wounds and reduces the swelling. The boiled leaves are also bandaged over the vagina.

(*e*) Saubhāgya Vati : 1 to 2 pills thrice daily and Dasamula Kvātha 1 to 2 ozs. twice thrice, daily are very efficacious medicine after child birth. It cures all troubles arising out after child birth.

Nasta raja (Amenorrhoea).

It is a disease where absence of the menstrual flow is found. It may be abnormal or due to pregnancy or due to menopause.

Treatment : Amenorrhoea due to pregnancy is not to be treated.

In menopause, complications are treated. Abnormal amenorrhoea or untimely ceasation of menstrual flow has got to be treated.

(i) Fomentation of abdominal and pubic regions with the hot leaves of castor oil plant helps in the promotion of menses.

(ii) A poultice prepared with the flowers of Palāsa (Butea frondosa) applied to the pubic and abdominal regions promotes the flow of menses.

(iii) The decoction of the root bark of cotton given orally in *doses* of 1 to 2 ozs. twice or thrice daily causes the flow of menses.

(iv) The swarasa of Aloe barbedensis (Ghrita Kumāri) in *doses* of 4 to 8 drs. is very efficacious drug in amenorrhoea.

(v) Abroma agust (Ulatakamala) is very good emmenagogue. Its bark in *doses* of 15 to 30 grs. with black pepper is used to regulate the menstrual flow.

(vi) Rajah-pravartini-vati : is a specific medicine for amenorrhoea. One to two tablets are given with tila water twice or thrice daily.

(vii) Rajah-pravartakāvaleha : 3 to 6 drs. with water twice daily. It is a very effective remedy for amenorrhoea.

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Kashta raja (Dysmenorrhoea).

It is a disease where unusual painful menstrual period is found.

Treatment : (i) Ulata Kamala (Abroma agust or Devils cotton) is very efficacious drug for dysmenorrhoea. The bark of the plant is given in shape of pill prepared of it with black pepper in *doses* of 15 to 30 grs. with water. The swarasa of the root bark is also used in *doses* of ½ to 1 dr.

(ii) The phānta prepared of lemon grass (Jambira trina) with the powder of black pepper in *doses* of 2 to 4 ozs. is every efficacious in dysmenorrhoea.

(iii) The strong decoction of the root bark of cotton plant made by boiling 4 ozs. of the bark in 40 ozs. of the water reduced to 10 ozs. is repeatedly given in *doses* of 1 to 2 ozs. every hour for the cure of dysmenorhoea.

(iv) Kumāryāsava : 3 to 4 drs. after meals twice daily is a very efficacious medicine in dysmenorrhoea.

(v) Chandrānsu rasa : 3 to 5 grs. with Kusādi kvātha twice or thrice daily. It is indicated in diseases of the womb and vagina and other diseases associated with it.

Asrigdara or Rakta pradara.

(Menorrhagia).

In this disease there is excess bleeding at the menstrual period with other constitutional symptoms.

Treatment : The physician should try to stop and regulate the bleeding at the time of menstrual period.

(i) The decoction of the bark of the following tree is very efficacious for vaginal douche to control the excessive bleeding :-(*a*) Babul tree, (*b*) Palāsa tree (Butea frondosa), (*c*) Lodhra tree.

(ii) The powder of the bark of Lodhra tree in *doses* of 20 grs. with sugar twice or thrice a day is very efficacious to check the bleeding.

(iii) The flower of the woodfordia fruticosa in powder form in *doses* of 30 to 60 grs. with milk and sugar is very efficacious in menorrhagia.

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(iv) Pradarantakā lauha : is a specific medicine for menerrhagia. *Dose* : 5 to 10 grs. with Kushādi kwātha or rice water, twice or thrice daily.

(v) Pradarāri Lauha is also very efficacious. *Dose* 5 to 10 grs. with rice water.

(iv) Pradarāntaka rasa and Pradararipu rasa are very good remedies for Pradar (menorrhagia). *Doses* : 3 to 5 grs. with rice water twice or thrice daily.

(vii) Ashoka ghrita : is a well known remedy for weakness and burning sensation due to menorrhagia.

(viii) Pradaranashaka churna : is a very good remedy to control excessive bleeding. *Doses* : 30 to 60 grains with rice water and honey.

(ix) Ashokārishta : is a famous medicine for menorrhagia and other complaints of the vagina and diseases of the womb. It controls the excessive bleeding and cures burning sensation of hand and feet and pain in uterine area. *Doses* : 3 to 4 drachms after meals.

(x) Lodhrāsava : is another efficacious medicine to control bleeding per vaginum. It cures the burning sensation at the time of urination and other urinary trouble.

Asrigdara (Metrorrhagia).

It is an excessive bleeding from the uterus at any time and at any age. In Ayurveda it is included under adhoga rakta pitta also.

Treatment : Kanghee or Atibala (Abutilon Indicum) is very efficacious in this trouble. Either the juice of the root or their powder is given with honey. *Doses* : 2 to 3 drachms of swarasa and 30 to 45 grs. of the powder are used.

(ii) The swarasa of the leaves of Vāsak (Adhotoda vasica) is given in *doses* of 1 to 3 teaspoonful with honey.

(iii) The powder of the seeds of Bhumyālaki (Phyllanthus nureri) in *doses* of 15 to 30 grs. with rice water and honey is very efficacious in metrorrhagia.

(iv) The flowers of the plantain tree is taken with curds for the control of bleeding per vaginum.

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(v) Ushirāsava : 3 to 4 drachms after meals twice daily is very efficacious in metrorrhagia.

(vi) Lākshā churna : *Doses* 10 to 30 grs. with water, twice or thrice daily. It is very useful in Pradara, Rakta pitta and Pravāhikā. It is used as a haemostatic in other haemorrhages also.

(vii) Pradarāntaka churna : *Doses* 10 to 20 grs. with water. It is a specific medicine.

(viii) Rakta-pradarariпu : 10 to 20 grs. with water . It is very good remedy to check bleeding from uterus.

(ix) Dūrvādya ghrita : 3 to 4 drachms with milk. It is very efficacious medicine to be used in bleeding from uterus and in other internal haemorrhages.

(x) Pravāla Panchāmrita : 3 to 5 grs. with vāsā swarasa and honey.

Sweta pradara (Leucorrhoea).

It is a disease of the genital organ where white or sticky whitis discharge which is not blood from the female genital passage comes out.

Treatment : Vaginal douche with the decoction of the bark of the following tree is very beneficial in leucorrhoea :-

(i) (*a*) Pipalatree, (*b*) Udumbara tree, (Ficus species), (*c*) root bark of the pomeogranate and (*d*) Babula tree.

(ii) Kulthi (Dolichus biflorus) is very efficacious in leucorrhoea. The decoction in doses of 1 to 2 ozs. is given orally to cure leucorrhoea.

(iii) The tender flowers of the silk cotton tree (semal) fried in ghee with sugar is given early morning. It is very efficacious remedy even in obstinate cases.

(iv) The shelled tamarind seeds macerated in milk is very efficacious.

(v) Pushyānuga churna : 15 to 30 grs. with water twice or thrice a day. It is very efficacious medicire for leucorrhoea.

(vi) Chandra prabhā vati : 1 to 2 tablets with Triphala Kashāya and madhu twice daily. It is very effective medicine in many urinary and vaginal troubles.

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(vii) Chandrāmshu rasa : 3 to 5 grs. with rice water and honey. It is very efficacious in disorders of womb and vagina specially in leucorrhea.

(viii) Chandanāsava : 3 to 4 drachms after meals twice a day. It is very good remedy for many urinary and vaginal troubles. It is demulcent and diuretic.

(ix) Sārivādyarista : 3 to 4 drachms after meals twice daily. It is a very famous medicine for its blood purifying properties. It is an ultarative remedy used in many diseases of womb and vagina.

(x) Babbulārista : 3 to 4 drachms after meals. It is very beneficial in many urinary and vaginal troubles.

Vividha (Miscellaneous).

(i) In prolapse of the uterus (Yonibhransha) the pessory of the powdered roots of memordica charantia (Karela) placed inside the uterus is very efficacious . The paste of the root is applied inside the organ.

(ii) Manjisthā (Rubia cordifolia) is very efficacious in prolapse uterus. The powder of the roots is used in doses of 10 to 30 grs. three times a day to contract the uterus.

(iii) Āmalaki swarasa (the juice of embelic myrabalan) given with sugar relieves the burning feeling of the vagina. *Doses* 2 to 4 drachms twice or thrice a day.

(iv) The juice of bitter luffa (Kadavi tadoi) taken with curds is very efficacious in polypi or other grouths of the vagina.

(v) An ointment prepared of the flowers of Jasmin (Chameli) with ghee is a very good application to remove foetid smell coming out of the vagina.

(vi) A compound decoction of Triphala, Guduchi (Tinspora cordifolia) and roots of the purging croton (Danti) is very useful in itching sensation of the vagina.

Soma roga (Poly-urea).

This is a disease found in ladies only in which there is excess of urination.

Treatment : The treatment is just like that of Bahumutra (excess urination) described earlier.

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(i) Jātiphalādi vati : 1 to 2 with honey twice or thrice daily is a specific medicine in Somaroga.

(ii) Brihad-Vangeshwara : 2 to 3 grs. with honey, twice or thrice a day. It is very efficacious medicine for Somaroga.

Sutikā roga (Puerperal disease)

The disease occur during puerperal period are called puerperal diseases.

Treatment : Treatment is entirely symptomatic.

(i) For fever during this period, Saubhāgya vati is the best. 1 to 2 pills should be given with Dasamula Kvātha. It is very popular medicine for puerperal fever.

(ii) Pratāpalankeswara rasa : 2 to 5 grs. with honey twice or thrice daily. It is supposed to be an excellent drug for puerperal fever.

(iii) Dasamulārishta : It is a very efficacious drug for puerperal fever. *Doses* : 3 to 4 drachms after meals to be taken twice daily.

(iv) Patrāngāsava : It is very good remedy in puerperal fever. It improves blood condition and appetite. It is indicated in indigestion and general weakness of women.

(v) Lavangādi Churna : 15 to 30 grs. with water, twice or thrice daily. It is very beneficial in puerperal fever and other complaints like cough, nausea, vomiting and anorexia etc.

Yoni Vyāpat (diseases of vagina and uterus).

(i) A piece of clean cotton cloth saturated with castor oil is placed inside the vagina for the relief of vaginal pain (Yonishoola).

(ii) A pessary made of the macerated leaves of hena plant (Mehandi) is placed in the vagina to check vaginal discharge (Yonisrāva).

(iii) Chandra-prabhā Vati : 1 to 2 tablets with anupana according to the signs and symptoms twice or thrice daily.

(iv) Sarivādyarista : 3 to 4 drachms after meals. It is an alterative and bloodpurifier medicine. It is very efficacious in vaginal disorders.

Yoni Shaithilya (Sluggishness of the uterus).

(i) Chandra-prabhā vati : 1 to 2 tablets with honey twice or thrice daily. It is more efficacious when taken with Dasamula Kvātha in sluggishness of the uterus.

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(ii) Naktādi Taila : It is very efficacious in many disorders of vagina and uterus. A swab or cotton cloth soaked in this oil is placed in the vagina or uterus. It removes the sluggishness of the uterus and cures viplutā etc. diseases of Yoni.

Garbhāshaya Shoola (Pain in the uterus).

(i) Chandrānsu rasa : 3 to 5 grs. with honey, twice or thrice daily. It is a very useful drug in diseases of the womb and other disorders associated with it.

(ii) Madhukāvaleha : 1 to 2 teaspoonful with the Ashoka Tvak decoction twice or thrice daily. It is very effective in pain of the uterus.

(iii) Devadārvyadyārista : 3 to 4 drachms after meals, twice daily. It is very efficacious medicine in many disorders of the uterus and urinary troubles.

Bandhyatva (Sterility).

(i) Vanga Bhasma: 2 to 5 grs. with Lauha bhasma 2 grs. and Swarasa of Aloe berbedenis (Ghrita Kumari). It is very efficacious drug. It should be given twice or thrice a day.

(ii) Trivanga: 2 to 3 grs. with honey and Shatāvari Swarasa, twice or thrice daily.

(iii) Puspadhanvā rasa : 3 to 5 grs. with honey followed by warm milk twice daily. It is very efficacious medicine in sterility. It should be taken for some time.

(iv) Phala-ghrita : 2 to 4 drachms with milk. It is recommended in cases of loss of conceiving capacity or sterility and in habitual abortion. A prolonged treatment is required to remove sterility.

(v) Nastapuspāntak rasa : 2 to 5 grs. with the decoction of the root bark of cotton tree. It is generally used in cases of sterility due to the absence of menstrual flow.

(vi) Dasamulārista : 3 to 4 drachms after meals. It is a very good remedy for improving the fertility of the uterus enabling to conceive.

Charaka enumerates twenty types of Gynaec disorders viz. (1) Vatalā yoni (2) Pittalā yoni, (3) Sleshmalā yoni, (4) Tridoshalā yoni, (5) Asrijā yoni, (6) Arajaskā yoni, (7) Acharanā yoni, (8) Ati-charanā yoni, (9) prāk-charanā yoni, (10) Upaplutā yoni, (11) Pariplutā yoni,

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(12) Udāvartini yoni, (13) Karnikā yoni, (14) Putraghni yoni, (15) Antaamukha yoni, (16) Suchi-mukha yoni, (17) Sushkā yoni, (18) Vāmini yoni, (19) Shandā yoni and (20) Mahā yoni. For detail description of all these gynaec disorders refer to specific treatise on this subject. Some of most common gynaec troubles will only be dealt here. Out of the last sixteen disorders, the first two are due to vitiation of Pitta; acute vaginitis and profluvium semenis (Paripluta and vamini) are considered to be due to vata-cum-pitta; leucorrhoea and endo-cervicitis (Karnini and Upaplutā) are due to Vata-cum-Kapha. The remaining are due to Vata. The vata and the other morbid Doshas afflic the body with their characteristic symptoms.

Treatment : (General) : In gynaec disorders born of Vāta oleation, sudation, enemata etc. curative of vāta should be administered; and the condition born of pitta should be treated with medicines that are cooling and curative of hemothernia. In condition born of morbid Kapha, dry and hot measures should be administered by the learned physician. In condition of bi and tri discordances of Doshas medications suitably combined should be administered. In condition of displacement of uterus, the part should be given oletion and sudation procedures and then should be replaced in its proper position. If it be curled or distorted, it should be changed in its position by manupulation of the hand If it is stenosed it should be dialated. If it has slipped out of its normal position it should be re-established in its position. If the orifice is unduly dialated, it should be constricted. If the uterus is prolapsed and completely exposed, it should be considered and treated as foreign body in the woman.

In all varities of Gyanaec disorders, the patient should be treated with the pentad of purificatory procedures i.e. Pancha karma, emesis etc. in a mild degree after she has been first subjected to oleation and sudation therapies (Snehana and Swedana Karma). When thoroughly cleaned by purification procedures, the rest of the treatment is to be given to her.

(i) Balāghrita : *Doses* : 3 to 5 drachms with milk. This cures the disorder caused by Vāta and Pitta and induces conception.

(ii) Kasmaryādi ghrita : *Dose* : 3 to 5 drms. with milk. This is a remedy for all types of Gynaec disorders born of Vāta and induces conception.

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(iii) Pippalyādi Prayoga : *Doses* : 1 to 2 Drs with Prasanā wine seasoned with ghee. This is curative of pain in the Gynāec organs and side of the chest, in cardiac disorders and in gulma and piles.

(iv) The oil prepared with the paste of equal parts of rock-salt, Indian velerian, costus, yellow barried night shade (vreehati) and deodar should be kept in vagina. It is curative of pain.

(v) Shatāvari ghrita : *Dose* : 3 to 4 drs with milk. This is curative of affection of the Gynaec organs,menstrual and seminal debility and is verilific and inducive of male progeny. This cures also pectoral lessions, cachexea, hemothermia, cough, dyspnoea jaundice etc.

(vi) Jivaniya ghrita : 3 to 4 drs. with milk. It cures gynaec disorders due to Pitta. It induces conception.

(vii) Pippalyādi Vati : This vati (vougie) of the size of the index finger is prepared out of long pepper, black pepper, black gram, dill seeds, costus and rock-salt, should be used for the radical purification of the gynaec organs.

(viii) Udumbarādi Taila : a tampon (Pichu) soaked in this oil should be inserted in the vagina; and then the vagina should be douched with decoction of cooling drugs mixed with sugar. It cures many disorders of vagina like slimy, dialated chronically diseased and severe conditions.

(ix) Dhatakyādi Taila : This is another oil in which a tampon is soaked and inserted inside the vagina.

(x) The powder of green vitriol (Kāsisa), the three myrobalans, alum, sensitive plant (lajjalu) mango stone and fulsi flower (Dhataki) mixed with honey and applied is curative of the slimi condition of vagina.

(xi) In conditions where the vagina has stiffened and has become rough, the keeping in the vagina of Vesavara of milk-pudding or Kedgeree, is inducive of softness in the vagina.

(xii) In the condition of foul smell in the vagina or vaginal stink, the decoction or the paste of white mangrove seeds (Tubarak) or the powder of all aromatic drugs acts as a deodarant.

(xiii) In endocervicitis, a medicated bougie prepared of costus, long pepper, spronts of Mandara and rock-salt rubbed in goat's urine

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and inserted in the vagina, is very beneficial. All measures curative of Kapha are indicated in this condition.

(xiv) The sub-luxated uterus should be inuncted with ghee and given sudation with milk. Then it should be replaced in its position and bandaged with the padding of a lump of Vesavara preparation and retained till the urge for micturation is felt.

Kshira—doshas (Vitiation of breast milk).

Eight kinds of Kshira doshas (morbidities of breast milk) have been described in Ayurvedic texts. In condition of the vitiation of Vāta, the milk will be distasteful, frothy and ununctuous. In vitiation by Pitta there will be discolouration and bad smell. In vitiation by Kapha unctuousness, sliminess and heaviness will be observed. The child who sucks this vitiated milk gets so many diseases according to the vitiations of various Doshas. Therefore purification of the breast milk is most essential to save the child from troubles arising out of the sucking of the vitiated breast milk. In such condition the physician at first, should systematically treat the mother with oleation and sudation procedure and then give her Shodhana treatment.

For emesis Vachādi yoga is very efficacious. It consists of sweat Vacha (acorus calmus), Priyangu (cherry), Madhuyasti (liquorice root) Madanaphala (emetic nut) Kurchi and Sarshapa (mustard seeds) or the bark of Nimba and Patola patra Kvātha (decoction) mixed with salt may be given for emesis.

The patient that has been systematically subjected to emesis and rehabilitation procedure, should be given purgation preceded by oleation in keeping with the patients degree of morbidity and strength and the season.

For Virechana Trivritādi yoga is the best. It consists of pulvis of Turpith and chebulic myrobalan mixed with the decoction of the three myrobalans (Triphala) and honey, or she should be given the pulvis of chebulic myrobalan only mixed with cow's urine. After she has been purged well and given the rehabilitation procedure, the wise physician should treat the residual morbidity in her by a regular course of suitable food and drink.

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Shāli and Shastika rice, Syāmāka, millet of various types, barley or bamboo barley are beneficial as diet. The tender shoots of bamboo and chikling vetch be used as vegetable curry prepared in unctuous substance. Green gram, lentils and horse grams may be used for preparing soup.

The patient should be given a potion of the soups of the sprouts of neema and cane, karella fruit, bringal and embelic myrobalans mixed with the pulvis of three species (Trikatu) and rock salt. They are very good galacto-depurants.

The water prepared with black night shade (Makoya), dita bark (Saptaparna) cinamon bark, and winter cherry (Asvagandha) may be used for drinking; or the decoction of Kurroa (Katuki) may be given as a potion for the puification of breast milk. The decoction of the bark of Guduchi and Saptaparna, the decoction of ginger, or the decoction of Chirraita should be taken as potion for purification of breast milk.

In condition of vitiated taste of the breast milk, grapes, liquorice, sarsaperila and the fine powder of milky yam (Kshira kakoli) mixed with tepid water should be given.

Panchakolādi lepa : is very efficacious application to the breast for purification of breast milk.

The woman whose milk is frothy should be given a potion of Pāthā ginger, black night shade (Kāka māchi) and trilobed vergin's bower (Murva) pounded in tepid water and as in the previous case the breast should be painted with the paste of the extract of Indian berberis, ginger deodara, roots of bael, and perfumed cherry. This purifies the milk.

Stana-vidradhi (breast abscess).

(i) In inflammatory condition of the breast, to resolve inflammation and to relieve pain and to check suppuration, the poultice made of Indravaruni root (Colocynth) with turmeric and Lodha applied to the breast is very efficacious.

(ii) The poultice made of the leaves or capsules of Dhatoora with turmeric is also very efficacious to resolve inflammation and to relieve pain. It prevents suppuration also.

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(iii) A poultice prepared from the leaves of Aloe barbedenis with turmeric is also applied to the breast to resolve inflammation and relieve pain.

(iv) When the abscess is suppurated, surgical treatment should be advised.

(v) Chandra-prabhā vati may be given orally twice or thrice to prevent suppuration.

Stanyavridhikara (Galactagogues).

Drugs that promote the secretion of the mammary glands are called Galactagogues or Stanyavridhikara.

(i) The pultice made of the following drugs applied over the breasts of a nursing mother increases the secretion of milk.

(*a*) Mustaka (Nutgrass).

(*b*) Flour of wheat, barley and mustard mixed together.

(*c*) Pippali (Long pepper), and pāshāna-bheda (coleus aromaticus).

(*d*) Karela (Leaves of memordica caranthus) Patra.

(2) Methi (Fenugreek seeds) is very good galactagogue. It is given as a gruel.

(3) Kshira vidari (Ipomea paniculata) is very useful as a galactogogue. It is given as a powder in doses of 30 to 60 grs. with milk. A confection is also prepared for this purpose. This confection is called Vidari-kanda Pāka. *Dose* : ½ to 1 tola.

(4) Vidarikādi churna : is given with milk in doses of 60 to 90 grains.

(5) Suparipāka and Saubhāgya Shunthi are reputed medicines to be given as post-delivery tonic and glactogogue.

Stanya-hara (Lactifuge).

Drug that checks the secretion of milk from the breast is called lactifuge.

(1) A paste made of turmeric (Haridra) and Dhatoora capsule is applied over the breast to check the excessive secretion of milk.

(ii) The poultice prepared of the flowers of Jasminum sambac (Mallika) applied over the breast is very efficacious remedy for checking the recreation of milk.

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(ii) Slightly warm poultice prepared from the leaves and seeds of pigeon pea (Arahara) applied over the nipples of the breast of a nursing mother checks the flow of the secretion of milk.

(iv) The poultice prepared from the seeds of Phasculous mungo (Mudga) applied over the breast check the flow of the secretion of milk.

Shukradosha (disorders of semen)

Charaka describes that as the seed which is impaired by untimely watering and seasonal rains or by parasites, insects and fire does not grow, similar is the case with the vitiated semen in man. Eight morbid conditions of the semen have been described in Ayurvedic texts viz.- frothiness, thinness, dryness, discolouration, putrid smell, sliminess, admixture with other body elements and sinking when put in water are, the eight conditions of seminal morbidity.

Treatment : When the semen gets vitiated, it should be treated with verilific recepies which are pleasant to take and beneficial combined with the remedies indicated in heamothermia and Gynaec disorders.

(1) The Jiwaniya ghrita and the Chyavana prāsha and Shilajita are very efficacious in seminal morbidity.

(2) When the semen is vitiated by Vāta, evacuation and unctuous enemata are beneficial. And if it is vitiated by Pitta, the compound vitalizing elixir of chebulic and embelic myrobalans are recommended. If the vitiation of semen is by Kapha, then the course of vitalizing elixir of long pepper, iron and three myrobalans (Triphala) or that of marking nut (bhallātaka) is recommended.

(3) If the semen be combined of any other body elements, the proper corrective for the morbidity should be combined and given after examining the nature of the morbidity systematically.

(4) Ghee, milk, meat juice, sali-rice, barley, wheat, and Shastik rice are beneficial in vitiated condition of semen and enemata are specially indicated.

Klaivya (Impotency)

Impotency results from seminal morbidity, the disorders of the phallus, old age and loss of semen.

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Treatment : The medicines indicated in the morbid condition of semen, cachexia and pectoral lesions are regarded beneficial in impotency.

(1) Dhātu-Paustic Churna and Shatāvaryādi churna are very efficacious medicine. They are indicated in premature senility. They restore verility and makes a man strong and stout.

(2) Shri Gopāl Taila is very efficacious in impotency. It is applied over the penis. Its prolong use protects vigour and youth. It removes the weakness and debility.

(3) Kāmadeva Ghrita : is very good remedy for impotency. It is used in doses of 1 to 2 tolas with milk. It is a powerful tonic which restores strength and vitality.

(4) Pushpadhanvā rasa : 3 to 5 grs. with honey and milk. It is a very good tonic and aphrodisiac. It increases strength and vigour.

(5) Kāmini Vidrāvan Rasa : and Sakra Vallabha rasa-are reputed tonic, restorative and aphrodisiac. *Dose* : 3 to 5 grs. with honey and milk.

(6) Madanānand Modaka : is a reputed aphrodisiac. 1 Modaka with milk.

(7) Dhātri Rasaina : 1 tola to be taken with warm milk at bed time. It is one of the best Rasaina (restorative) and Vaji karana medicine.

(8) Kāmadeo ghrita : 1 tola with milk, morning and evening.

Vrishya & Vājikaranyoga

(Aphrodisiac)

(1) Carrot seeds are very good aphrodisiac.

(2) Tālamakhāna (Asteracantha longifolia) and Kavācha beeja (seeds of Lowhage) are very good aphrodisiac. *Doses* 40 to 90 grs powder with milk and sugar.

(3) The powder of the roots of Asvagandha (whitania somnifera) in doses of 30 to 45 grs with equal quantity of sugar taken with warm milk is very good aphrodisiac.

(4) Bidari Kanda (Ipomea paniculata) is very good aphrodisiac. The powder of the tuberous roots taken in doses of 90 grains with honey and milk is a powerful aphrodisiac.

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(5) Shukrastambhana gutikā: one tablet with milk in the evening time. It is a powerful aphrodisiac. It cures impotency and restores vitality and vigour.

(6) Narsingha churna : is a very good aphrodisiac. *Doses* : 30 to 45 grs. with milk. It restores and promotes vigour, strength and lusture. It is very good tonic and is indicated in loss of vigour.

Diseases of the scrotum and testicle.

(Andakosha Vikaras).

(Hydrocele)

(It is a disease where collection of fluid in the scrotum is found).

Treatment : In the beginning stage the medicines internal or external are only effective. In advance cases surgical intervention is the only treatment.

(i) Shigru (Horse radish tree) Patra (leaves) are applied over the swollen part. The leaves must be hot. It absorbes the fluid of the scrotum.

(ii) Turmeric powder is very efficacious in the early stage. It is applied over the scrotum.

(iii) Eranda Pāka : 1 to 2 tolas with hot water : twice a day. It cures inflammation of the scrotum and neuralgic pain and removes constipation.

(iv) Suskamulakadi taila : is applied over the scrotum to cure swelling of the scrotum.

(v) Vridhibādhika vati : is a specific remedy for hydrocele. 1 tablet with cow's urine twice daily.

Mushka shotha (Orchitis).

It is an inflammation of testicles.

Treatment : The following preparations are applied over the swollen and painful parts of the scrotum and testicles to relieve pain and inflammation :—

1—(*a*) The poultice of the fresh leaves of Indian Hemp (Vijaya) or Sesbenia sesban (Jayanti) or leaves of vitex negundo (Nirgundi).

(*b*) Fomentation with hot Dhatoora leaves.

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(*c*) The ointment made of one part of liquid storax (Silaras) and four parts of bland oil; after applying the ointment the part is covered with tobacco leaves.

(*d*) Warm oil coated betel leaves are applied over the scrotum is very efficacious.

2. The following preparation are given orally in orchitis :—

(*a*) Sarpunkha Churna : in doses of 15 to 20 grs. with water.

(*b*) Dāru-haridra churna (Berberis asiatica) *Doses* : 30 to 40 grs. with water or cow's urine.

(*c*) Triphala with cow's urine : *Dose* : 60 to 90 grs.

8. Nityānand rasa : 3 to 5 grs. with cow's urine or water twice a day. It is very efficacious in orchitis.

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CHAPTER IX

VĀTAVYĀDHI (Diseases of the nervous system).

Vāta Pida (Nervous Pain)

Treatment : (i) A mustard poultice applied over the seat of pain in neuralgic diseases brings relief from pain.

(ii) The poultice of the seeds of Abrus precatorious (Gunja) made with water is applied over the painful parts.

(iii) The leaves and seeds of Dhatoora are very useful in giving relief in neuralgic pains. (*a*) The poultice of the fresh leaves made with an equal part of rice flour and a little water is applied over the painful parts. (*b*) The phānt (infusion) prepared by soaking 1 oz. of the leaves in a pint of boiling water is very efficacious for fomenting the painful parts.

(*c*) Dhatoora oil : is very good liniment for rubbing over the painful parts. It is prepared in Tila (sesame) oil or any bland oil putting 1 oz. of seeds of Dhatoora in a pint of Til oil and boiled according to snehapāka.

(iv) The mixture of equal parts of coconut oil and lemon grass oil is a very efficacious liniment to be applied in the neuralgic pain.

(v) The poultice made of the leaves of Indian Hemp (Vijaya) is very efficacious when applied over the painful parts in a neuralgic pain.

(vi) Visha-garbha-taila : is a reputed oil to be applied over the painful parts. It relieves the pain very quickly. It is indicated in all types of pain specially in pain of joints.

(vii) Nārāyana Taila : is a famous medicine to be applied in nervous pains.

(viii) Kāraskara Taila : It gives immediate relief in all types of nervous pain.

(ix) Vāta-chintāmani rasa : 2 to 3 grs. with butter or ghee is a very efficacious medicine in nervous pain.

(x) Vātagajānkusa rasa : 2 to 3 grs. with Ardraka swarasa and honey is very useful medicine in nervous pain.

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(xi) Eranda Pāka : 1 to 2 tolas with warm water to be given in morning and evening. It clears the bowels and gives relief in neuralgic pain.

Katishoola (Lumbago)

It is an incapacitating pain low down in the back specially in lumber region.

Treatment : (i) Ashvagandha churna (Pulvis whithania somnifera) : in doses of 30 to 45 grs. with ghee is very efficacious in lumbago.

(ii) Lemon juice with Sarjikshar (Potasium Carbonate) mixed with honey is very effective in lumbago.

(iii) The decoction of Barleria prionitis (Katasaraia) deodara, and ginger with the addition of castor oil is very efficacious in lumbago. *Doses* : 1 to 2 ozs. of decoction with 4 drachms of castor oil.

(iv) Swalpa-rasona-pinda : is a standard preparation to be given in lumbago. *Doses* : 1 tola with the decoction of castor oil plant root bark—1 oz.

(v) Saptaguna Taila : is very efficacious oil to be massaged on the lumber region. It gives immediate relief.

(vi) Agnitundi rasa : 3 to 5 grs. with ghee : is very effective in lumbago.

(vii) Balārista : 3 to 4 drachms after meal twice daily. It is recommended in all types of nervous pain.

(viii) Mahā-Vishagarbha Taila : is very effective oil to be rubbed over the painful joints specially in lumbago.

(ix) Nārāyana Taila : is also very effective oil in pains due to nervous disorders.

(x) Vishatinduka vati : 1 to 2 pills to be taken with butter or ghee. It relieves pain very quickly.

Gridhrasi (Sciatica).

It is a kind of nervous pain felt in the line of distribution of the sciatic nerve (buttock, back of thigh and calf and foot).

Treatment : The following preparations are very efficacious in sciatica :—

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(i) The paste made of Gunja seeds (Abrus precatorious) with water is applied over the painful parts.

(ii) Dhatoora leaves and capsules are very useful as a local application as a poultice prepared with them.

(iii) Ashtakatvara Taila : is a specific oil to be massaged over the painful parts in sciatica. It gives immediate relief.

(iv) Saindhavādi Taila : is very effective in sciatica. It is massaged over the painful parts.

(v) Swalparasona pinda : 1 to 2 tola with the decoction of the bark of castor oil plant : 1 oz.

(vi) Yogarāja guggula : 1 to 2 tablets with Rasnā Saptaka Kvātha : is very efficacious in sciatica.

(vii) Vāta-gajānkusa and Samira-pannaga rasa are : recommended in sciatica.

Pakshāghāta (Paralysis).

Paralysis is complete or incomplete loss of nervous function to a part of the body. This may be sensory or motor or both.

Treatment : General : The following drugs are used externally in paralysis :—

(i) Gunjādi Lepa : it is prepared from the seeds of Abrus precatorious (Gunja) with water in form of a paste.

(ii) Gunjā Taila : Prepared by boiling together, the pulp made of equal quantity of Gunja seeds, and long pepper, in Sesame oil (Tila Taila) or mustard oil four times of the pulpe and butter milk and curd four times of the oil on slow fire. It is a very effective liniment in paralysis.

(iii) Rasonādi Taila : is also a very efficacious liniment in paralysis.

(iv) Nārāyana Taila and Mahā Nārāyana Taila : are standard oils to be used for massage in paralysis.

(v) Mahāmāsha taila : is one of the best oil to be applied as a liniment or massage over the effected parts in Paralysis.

(vi) Gandha-prasārani Taila and Mahārāja-prasarani Taila are the reputed oil to be used as massage in paralysis. They restore the strength of the paralysed limbs by their massage.

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(vii) The following drugs are taken internally in paralysis:—

(*a*) The decoction of the bark of the root of Shigru (Horse radish root bark) with fried asafoetida and rock salt in doses of 1 to 2 ozs.

(*b*) Mahā-baladi Kvātha : 1 to 2 ozs. twice or thrice daily is very efficacious in paralysis.

(*c*) Shatāvari ghrita : 1 to 2 tola with milk. It is very good nerve tonic. It promotes the vigour and lustre.

(*d*) Rasarāja rasa : 2 to 3 grs. with garlic juice and honey—twice a day. It is very efficacious in paralysis.

(*e*) Brihatvāta-chintāmani rasa : *Doses* : 2 to 3 grs. with honey and Mahābalādi Kvātha : twice or thrice daily. It is most efficacious in paralysis.

(*f*) Vāta-gajāmkush rasa : is a very useful medicine in all types of Vātarogas.

Paksha-badha (Paraplagia).

Paraplegia is the paralysis of the lower half of the body or of the lower limbs.

Treatment : The following drugs are used externally :—

(i) The decoction of the roots of Arani (Clerodendrum phlomidis) and leaves of Karanja (Pongamia pinnata) are used for fomentation.

(ii) The poultice made of the roots of these two plants made with cow's urine is applied over the affected parts.

(iii) The standard preparations such as Astakatwara taila, Paksha badha Māshādi taila, and Gandha prasarani taila are very efficacious in paraplagia.

(iv) The leaves of the following plants prepared as a vegetable fried with Sesame oil or mustard oil is given successfully internally :— (*a*) Amaltās (Casia fistula), (*b*) Arka (Calatropis gigantia) (*c*) Kākamāchi (Solanum nigrum) and (*d*) Vāstuk (Chenapodium album).

(*b*) (*a*) Ekāngavira rasa : *Dose* : 2 to 5 grs.

(*b*) Brihat Vāta Chintāmani : 1 to 3 grs., and

(*c*) Rasarāja : 2 to 3 grs. with rasona swara and Honey are very efficacious in paraplagia.

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Ardhāngavāta (Hemiplagia).

Hemiplagia is the paralysis of the one side of the body.

Treatment : The treatments that are prescribed for Paralysis (General) and Paraplagia are to be carried out in hemiplagia also. In all Vātarogas Vastikarma specially Anuvāshana Vasti and purgatives preceded by oleation and sudation are beneficial. Special types of oleation (Snehana) external and internal (Abhyanga and Snehapāna) are very efficacious in Vātarogas.

(i) Mahā Māsha Taila : is very efficacious oil in Vātarogas specially in hemiplagia and paraplagia. It is massaged over the effected parts. Its massage restores the strength of the limb and the paralysed part of the body.

(ii) Mahārāja-prasārani Taila : is the best oil to be used in paraplagia and hemiplagia. It is rubbed over the affected parts.

(iii) Yogendra rasa : 2 to 3 grs. with rasona swaras and honey is the best remedy in hemiplagia. It is nutritive and anti-paralytic.

Ardita (Facial paralysis).

Treatment : In facial paralysis inunction and anointing the head with medicated oil, impletive diet, Kettle sudation (Nadi sweda) and poultices prepared of the flesh of aquatic animals are beneficial.

(i) A mixture consists of 5 ozs. of garlic and 20 grs. each of fried asafoetida, cumin seeds, rock salt, black salt, ginger, long pepper and black pepper mixed together and made into pills of 20 to 25 grs. and given every morning and evening with the decoction of the roots of castor oil peant is very efficacious in facial paralysis (Ardita). It is useful in Paraplagia and hemiplagia also.

(ii) Samirapannaga rasa: 2 to 4 grs. with the juice of either betel leaves or green ginger twice or thrice daily. It is very efficacious in facial paralysis and other nervous disorders.

(iii) Vātagajānkusha : 2 to 5 grs. with Ardraka (green ginger) Swarasa followed by the decoction of the roots of Rāsnā (Alpina galanja) or Castor seeds plant or Guduchi or Devadāra . If pure guggulu is added to the decoction it is more effective.

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Apabāhuka (Paralysis of the brachial plexus).

In this type of paralysis the arm or arms become defunct.

Treatment : Unctuous Nasya and Abhyanga are very efficacious. The following remedies are used in this disease :—

(i) Shunthyādi Pāyasa: is very efficacious in Apabāhuka and Gridhrasi. It is prepared from ginger and inner stuff of the castor seeds boiled in 16 times of the milk (cow's milk) according to Kshira pāka procedure. *Doses* : 2 to 4 ozs. twice or thrice daily.

(ii) Eranda Pāka : 2 to 4 tolas with milk. It is laxative and very effective in Apabāhuka and other nervous pain.

(iii) Vātagajānkusha rasa : 2 to 4 grs. with ginger juice and honey. Twice or thrice daily.

(iv) Vātahara Taila : is a specific oil to be rubbed on the affected arms, in Apabāhuka.

(v) Shadbindu taila : is a very good oil to be used as nasya in Apabāhuka.

Vishvāchi (Radial neuritis or paralysis).

In this there is either neuritis of the radial nerve or paralysis of the radial nerve. As a result the entire upper limb becomes defunct.

Treatment : The treatment is like that of Apabāhuka. The following drugs and remedies are very efficacious :—

(i) Vātahara guggulu : 1 to 3 pills a day with milk or water. It is very efficacious in Vishwāchi and other Vātarogas (Nervous pains), Āmavāta and Sandhi vāta.

(ii) Gandharava hastyādi Kvātha : 1 to 2 ozs. singly or as an anupana of the above medicine. It is very effective in Vishvāchi and other vāta-rogas.

(iii) Balā-guduchyādi Taila : This is very effective oil to be massaged on limbs in Vishwāchi.

(iv) Dhānwantara Taila : This is used as nasya and massage in Apabāhuka and Vishwāchi. It is very efficacious in all vātarogas (Nervous diseases).

(v) Balādyarista : 3 to 4 drachms after meals twice daily is very efficacious.

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General

(i) The patient afflicted with Vātarogas or Vātavyādhi should be given the diet of meat-juices of the flesh of the head of the goat or of the aquatic, wetland or carnivorous creatures prepared separately in the decoction of Balā (Sida cordifolia) or of Panchamula or Dashamula and seasoned with unctous articles, sour curds, and the Trikatu and salted liberally.

(ii) Poultices should be prepared from the same flesh mixed with ghee, oil and vinegar with the flesh crushed, steamed and the bones removed. This is applied over the affected parts.

(iii) For immersion-bath the vessel should be filled with the decoction of the leaves of Vātahara tree, or with medicated milk or oil.

(iv) Balā Taila, Sahachara taila and Amritādi taila are very efficacious in Vāta-rogas. These medicated oils are very efficacious in Vāta-rogas. They restore the health of those affected with nervous disorders.

General disorders caused by Prakupita (Provoked) Vāta.

Contraction, stiffness of joints, aching pain in bones and joints, horripilation, garrulousness, spasticity of the hands, back and head, lameness of hands and feet, hunch-back, atrophy of the limbs, insomnia, destruction of fertility, fetus and menses, tremers, anesthesia and paralysis of the limbs, ticks of the muscles of the head, nose, eyes, shoulder, girdle and neck, spliting pain, pricking pain, agony, convulsions, delusions and fatigue, such are the general symptoms which the provoked Vāta manifests. On account of the difference in the etiological factors and in the seats of affliction, it produces the specific characteristics of each disease.

If the Vata pervading the entire body is provoked, there occurs body tremers and breaking pain and the patient will be afflicted with all sorts of pains and with a feeling as if his joints are falling asunder.

Treatment : If there is a simple provocation of Vāta without any kind of occlusion it should be treated at first with oral administration of unctous preparations such as ghee, fat, oil and marrow. The person when overstrained by the oleation therapy should be comforted by rest for a while and should again be oleated with milk or thin gruel and meat juices of domestic, wet-land and aquatic animals mixed with unctous articles or with milk pudding or kedgeree mixed with sour and salt

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articles and then given unctous enemata, nasal medication and demulcent food. When he is well oleated he should be subjected to sudation therapy and should be given sudation treatment as required, after he has been well inuncted with the kettle sudation and mixed steam kettle sudation and such other varieties of sudation processes in which unctous articles have been mixed.

With the aid of oleation and sudation procedures, even a distorted and the stiffened limb can be slowly brought back to normality. Horripilation, pricking pain, aches, extensive swellings, stiffness and spasticity and similar other conditions can be quickly cured and the softness of the part restored by means of sudation.

And the oleation therapy when applied quickly replenished the diminished body elements and increases the vitality, strength of the gastric fire, robustness and the life-span.

The oleation and the sudation procedures should be repeatedly administered in order that the disorders of vāta may not stay in the viscera softened by oleation procedure. If due to excessive morbidity, the Doshas do not subside with the above procedure, the patient should be cleansed by means of mild purgative drugs mixed with unctous articles. For this purpose the patient may take the medicated ghee prepared with Tilvaka or round-milk-hedge or he may take castor oil with milk. These are beneficial and expel the morbid doshas.The patient who is debilitated and as a consequence, in whom purgation is contraindicated, should be given evacuative enemas followed by a diet consisting of or mixed with the drugs of the digestive and digestive-stimulant groups.

Sudation and oleation procedures repeated again, are beneficial for those whose gastric fire has been stimulated as a result of purificatory procedures.

All diseases due to Vāta provocations are always to be conditionally treated with sweet, sour, saltish and unctous articles of diet, nasal errhines and inhalations.

When the Vāta is provoked in the entire body, inunction, evacuative enemata and unctuous enemata should be given. Balā Taila, Amritādi Taila, Rāsnā taila and Mahāmāsha taila are the standard oils to be used

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in Vāta-Vyādhis as massage, Brihat Vāta-chintā-mani rasa, Yogendra rasa and Rasarāja Rasa are very efficacious medicines in Vāta-vyādhis.

Manyāstambha (Torticollis)

Torticollis or wry-neck is a painless or sometimes painful contraction of the sterno-mastoid muscle. The head is slightly flexed and drawn towards the contracted side, with the face rotated over the other shoulder.

Treatment : The physician should advise patient to protect the affected part from exposure. The affected part should be kept warm.

(1) Archā lepa : is very effective liniment. It gives immediate relief.

(2) Saptaguna Taila : It is a very beneficial liniment to be applied over the painful and affected part.

(3) Nārāyana Taila : is very efficacious.

(4) Eranda Pāka : 1 tola should be administered with warm milk twice or thrice daily.

(5) Yogarāja guggulu : 1 to 2 pills is very efficacious with Rāsnā saptaka Kashāya, twice daily.

Kalāya-Khanja (Lethyrism)

It is a disease of limited geographical distribution, characterised by spastic spinal paralysis, and caused by poisoning with peas (Kalāya) of the genus Lethyrus (Khesari). The patient becomes lame and he gets tremer while walking.

Treatment : (i) Lakshmi Vilās rasa : 2 to 5 grs. with honey and garlic juice. It is very efficacious in Lethyrism. It is beneficial in pain of the joints, loins and head.

(ii) Ashtamurti rasaina : 2 to 4 grs. with green ginger juice. It is very efficacious medicine for Kalāyakhanja (Lethyrism).

Kampa-vāta (Paralysis agetans).

In this the patient complains of tremer in limbs while stretching (upper and lower limbs).

Treatment : (i) Suvarna-bhupati rasa : 2 to 5 grs. with green ginger juice twice or thrice daily. It is most efficacious medicine for Kampa-vāta and other nervous disorders.

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(ii) Brihat-Vāta Chintāmani rasa : 2 to 3 grs. with honey and Rasona rasa—twice or thrice daily. It is very efficacious in Kampa-vāta.

(iii) Balādyarista - 3 to 4 drachms after meals. It is very good remedy for Kampa-vāta.

Ākshepa (Convulsions)

It is an involuntary contraction of muscles resulting from abnormal cerebral stimulation from many causes. It may occur with or without loss of consciousness.

Treatment : (i) The mixture of the powder of ginger and omum seeds (Yavāni) or of ginger, black pepper and long pepper is used as snuff to cure convulsion.

(ii) The compound powder consisting of musk half a drachm, fried asafoetida 4 drachms, ginger 2 drachms and black pepper 2 drachms given in *doses* of 10 to 20 grains twice or thrice daily cures convulsion.

(iii) Samira-pannaga-rasa : 1 to 3 grs. with betel leaves juice or green ginger juice, twice or thrice daily. It is very efficient remedy for convulsion and other nervous disorders.

(iv) Lakshminārāyan rasa : 2 to 5 grs. with honey, twice or thrice daily. It is very efficacious remedy in nervous disorders specially in convulsion of children and other Vāta-rogas.

(v) Sārasvatārista : 3 to 4 drachms after meals. It is a reputed medicine for mental and nervous disorders.

Khalli (Cramp)

This may be called cramp of ankle joints, knee joints, hip joints and wrist joints.

Treatment : (i) Pratāpalankeswara : 5 to 10 grs. with honey, twice or thrice daily. It is very efficacious in cramps of the various joints. It is efficacious in puerperal fever and other nervous complaints also.

(ii) Lakshmi vilās rasa : 2 to 4 grs. with honey is also very effective in Khalli (Cramps).

Minmina and Gadgadvākyata.

(Disphonia, Disarthrea and Rhenophonia)

These are all defects of voice.

Treatment : (i) Sārasvata Churna : 15 to 20 grain with cow's ghee, twice or thrice daily is very good in voice disorders.

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(ii) Brāhmi ghrita : 1 to 2 tola with milk—twice or thrice daily. It is very efficacious in voice troubles. It is given in loss of memory and sleeplessness also.

PĀDAHARSA

(Hyperasthesia and Parasthesia of the Sole)

Treatment : Some Vātahara oil should be rubbed over the sole of the leg to remove the sensitiveness of the sole. For this—

(i) Nāraina Taila or Sidhārtha Taila is very efficacious.

(ii) Eranda Taila, Karanja Taila and Olive Oil are also very effective in Pādaharsa.

Ekāngavāta and Khanja

(Monoplegia and Limping)

Treatment : (1) Vāta-gajānkusa rasa—2 to 3 grs. with rasona swarasa twice or thrice daily.

(ii) Mahā Yogaraja Guggula—1 to 2 pills with Rāsnādi Kvātha, twice or thrice daily.

(iii) Mahā-vāta-vidhvansa rasa : 2 to 5 grs. with honey, twice or thrice daily.

All these three rasas are very efficacious in monoplegia, limping and other nervous diseases.

(iv) Nāraina Taila, Kubja prasārini Taila and Mahāmāsha taila are standard oil for massage in monoplegia, hemiplagia and paraplagia.

Antaryāma and Bahiryāma.

(Opisthotonous and emprosthotonous)

If the Vāta located in the snayus is provoked there occurs the opesthotonous and emprosthotonous conditions, pain in the extremeties, hunch-back and general and local disorders. Opisthotonous is the extreme extension of the body occurring in tetanus, patient may be supported on his heels and his head alone. In Antaryām there is spasticity of the neck. The upper and the lower part of the neck becomes flexed and very stiff, the teeth become clenched; there is salivation, contraction of the back-muscles, spasm of the muscles of head; pendiculation

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and lock-jaw; these are symptoms of Antaryāma (Emprosthotonous condition). In Bahiryāma i.e. opisthotonous condition, the strongly provoked vāta getting localised in the back and the sides of the neck and constricting the external Dhamanies (nerves) causes bow-like rigidity of the body which condition is called Bahiryāma.

Prognosis : When the body being bent like a bow, his head gets retracted almost touching his back and his chest is thrown forward, the sides of the neck become rigid and there is squeezing pain in the neck and clenching of teeth, salivation and aphasia. This attack either kills the patient or causes deformity.

Treatment : These on account of their deep seated nature, may or may not be cured even after careful treatment. The physician should endeavour to cure such of these conditions as occur in strong persons and are of recent origin and unassociated with any complication.

The treatments prescribed for general nervous disorders and various paralysis may be adopted as and when required.

(i) Trailokya Chintāmani rasa, Rasarāja rasa and Chintāmani Chaturmukh rasa may be tried.

(ii) Samirapannaga rasa and Lakshmi nārayan rasa have been found beneficial in mild condition.

(iii) Ashvagandhārista and Balārista are also efficacious.

(iv) Astādasha Satika Prasarani Taila and Mahānaraina Taila are beneficial.

(v) Sanchetani gutika : 1 to 2 pills with Ardraka swarasa is sometimes effective in Antaryāma and Bahiryāma. The physician must be very careful in treating such conditions.

Hanugraha (Lock-Jaw).

The Vāta when gets localised at the root of the jaws, causes dislocation of the jaws and produces the condition of a gapping mouth or a painless stiff condition where the mouth cannot be closed. By causing spasticity of the jaw, it produces a condition of lock-jaw when the mouth becomes fixed and cannot be opened.

Treatment : Snehana (Oleation) Svedana (Sudation) treatment should be given first and after oleation and sudation the physician should try

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to bring the jaws in their normal position. For Śnehana : Balādi Taila for external Snehana and Balādi ghrita for internal snehana may be used. For sudation Nadisweda and Pinda snigoha sweda are recommended.

(i) Vrihat Chhāgalādi ghrita or Ashvagandhādi ghrita are very efficacious remedies for these conditions.

(ii) Brihat Vāta-gajānkusa rasa : 2 to 5 grs. with ghee is very efficacious for Hanugraha.

(iii) Ashvakanchuki rasaa : 1 to 2 tablets are very beneficial.

Vividharogas (Miscellaneous diseases).

Bhagna and Sthanabhransa

(Fractures and dislocation)

These diseases are to be described in detail in treatise on general surgery. Some of a few treatments of fracture shall only be described here.

When a bone is broken and dislocated the broken bone should be reset to its normal position and the dislocation reduced before commencing any treatment. The patient should be asked to keep the fractured and dislocated parts which have been reset and reduced in perfect rest. He should also avoid as far as possible salt, spices and sour articles of food; he should be given only a light diet.

(i) Asthisamghāti (Cissus quandrangularis) is very efficacious drug in fractures and dislocations. This is used externally and internally both. (i) A paste prepared from it is applied as a plaster over the fracture and dislocation after it is set and reduced to its normal position. (ii) A ghee prepared with the juice of the plant is given orally.

(ii) The bark and seeds of Babula tree are very efficacious. They help in the union of broken parts of a bone. The powder of the bark and seeds is given in doses of 1 to 2 drachms with honey for three days.

(iii) Lashunādi Kalka is a very efficacious remedy. It helps osification. The Kalka (paste) is made of equal parts of garlic, lac, honey and sugar. It is given with ghee.

(iv) Asthisamghāti Vati : It is made of one part of the bark of Babula tree, 3 parts of the powder of Triphala and 7 parts of Guggulu

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(Pure Indian bedellium) and one part of Pravāla bhasma. The ingredients are mixed together and well macerated to form a pill of 15 grs. It is given with water.

(v) The bark of Arjun tree (Terminelia Arjun) is also very efficacious in fracture and dislocations. It is given in doses of 10 to 30 grs. with milk. It helps osification and dispersing the coagulated blood in the region of fracture. The thick plaster made out of its bark mixed with ghee is applied over the fracture and bandaged.

(vi) Bijayasara (Kino tree) is also very efficacious. Its gum resin is given with milk to help the union of broken bones.

(vii) A plaster prepared from the root of Rubia cordifolia (Manjisthā), the bark of Mahuva tree, and the leaves of tamarind tree is applied over the fracture and dislocation. It is very efficacious in helping the union of the broken bone.

(viii) Asthisandhānaka lepa : is a standard lepa to be used in fractures.

Sthaulya (Obesity).

Obesity is the accumulation of fat on the various parts of the body.

Treatment : The best treatment is to eschew fat or fatty substances from the diet and do exercise (regularly).

(i) Chitraka (Plumbago Zeylanica) is very efficacious drug in obesity. A regular use of the powder of it in doses of 15 to 30 grs. with honey is very effective in reducing fat.

(ii) Arani (Clerodendrum phlomoidis) leaves swarasa taken regularly in doses of 1 to 2 drachms reduces obesity.

(iii) Shilajatu 5 to 10 grs. with honey and Triphala Kashāya is very efficacious to reduce fat.

(iv) Two ounces of honey taken every morning with cold water helps in reducing fat.

(v) Medohara churna : is a standard preparation for obesity. It is given in doses of 30 to 45 grs. with honey.

(vi) Udvartana and massage is very efficacious to reduce obesity.

Amshughāta (Sunstroke)

(i) Aragvadhādi Churna is very efficacious in sunstroke. The pulpa of the pods of cassia fistula 1 oz., Coleus aromaticus (Pāshanab-

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heda) 1½ ozs., Fagonia cretica (Dhamāsā) 1¾ ozs. Chebulic myrabalan (Haritaki) 2 ozs. and Tribulus teristris (Chhota Gokharu) 6¼ ozs. mixed together and made a fine powder given in doses of 30 to 45 grs. with honey is very good remedy for Sunstroke.

(ii) Mahāshishira Pānaka : is a reputed medicine for sunstroke. *Doses* 1 to 2 oz.

(iii) The juice of Brāhmi (Centenilla Asiatica) is given with Cumin seeds (Jiraka) and sugar. It is very efficacious in sunstroke.

(iv) Shadanga pāniya : is very good remedy in sunstroke. It is given as a drink twice or thrice daily.

(v) Ushiradi Kvātha : 1 to 2 ozs. with sugar is very good medicine in sunstroke. It should be given 3 to 4 times a day.

Nādi-Vrana and Bhagandara

(Sinuses and Fistula)

Sinuses are suppurating tracts or Channels and Fistulas are abnormal communication between two body surfaces or cavities.

Treatment : The physician should try to clean the tracts or channels by irrigation with antiseptic and disinfectant lotion. After it is cleaned some medicine to heal the sinuses and fistulas should be applied. If there is any obstruction or small pockets of pus which are obstructing the cleansing, they should be removed by surgical intervention.

(i) Vākeri-mula (the root of the Teri pods) are very efficacious for healing sinuses and fistula. The paste of the root is applied over the wounds and 20 to 45 grs. of the powdwer of the roots macerated with milk or water is given orally with 2 ozs. of milk twice daily.

(ii) Jātyādi Taila and Ghrita are very efficacious remedies for sinuses and fistula. They are applied locally over the sinuses and fistula. They are Sodhana and Ropana (Cleansing and healing both).

(iii) The Vartis (Sticks or tents) made of the finely powdered wood of Daruharidra (Berberis asiatica) with the milky juice of Arka (Calotropis gigantica) and of Snuhi (Euphorbia nerifolia) are very efficacious in healing the wounds of sinuses and fistula. The tents are placed in the wounds.

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(iv) The juice of the roots of Pongamia pinnata (Karanja) is an efficacious cleansing and healing agents of wounds caused by sinuses and fistula.

(v) Sārivādyarista and Ananta Sālasā : are very efficacious as a blood purifier. *Dose* : 4 drs, after meals.

(vi) Vrana Rākshas Taila : is very efficacious medicine for sinuses, fistula, porous boils and other wounds.

(vii) Amritā guggula : 1 to 2 tablets with manjisthadi Kvātha is very efficacious remedy for sinuses and fistula. It helps healing of the wound caused by sinuses and fistula.

Vidradhi, Granthi and Vradhna

(Abscess, Cysts, Tumours and Buboes etc.)

(i) To promote suppuration in an abscess the following poultices are very efficacious :—

(*a*) The poultice prepared from leaves of sida cordifolia (Balā).
(*b*) The poultice prepared from boiled cotton seeds.
(*c*) The poultice prepared from leaves of Jujub tree (Bera).
(*d*) The poultice prepared from roasted onions, turmeric and ghee.

(ii) A paste prepared from Dhatoora leaves, gur and onion is applied to the Cysts, tumour and buboes, to bring them either to a head and break them or subsides them.

(iii) Hard Cysts, tumours etc., which do not get reduced, become soft, if the fresh leaves of Tanners Cassia (Tarwar) are bandaged over them or a poultice of the seeds is applied over them.

(iv) Kālā marhama : is very good ointment to be applied in Vrana and Vidradhi. It is Sodhana and Ropana.

(v) Kanaka Lepa : It is applied over the abscess, cysts and buboes. It is very efficacious.

Vrana (Wounds)

(Incised or lacerated or punctured).

(i) The tender leaves of pipal tree are applied as a dressing over open wounds and finely powdered root bark is dusted over the wound to accelerate the healing.

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(ii) The juice of the leaves of Sida cordifolia (Balā) is applied to wounds for hastening the healing.

(iii) The paste made of the fresh plant of Eupatorium triplinerve (Āyapāna) applied to wounds act as a styptic and stops the bleeding. It also cleans the wound and helps in the healing.

(iv) To promote the healing of wounds the fine powder of the seeds of Jambula tree (Jāmuna) is dusted over the wound.

(v) The ointments made of Rāla are excellent for healing all sorts of wounds even if they be very deep.

(*a*) Sarjarasādi Malahara : is very good ointment for healing of wounds.

(*b*) Tuthyādi Malahara : is a Shodhana (cleansing) and Ropana (healing) ointment in all kinds of wounds.

Āhata and Pichhita
(Contusions and bruises)

(i) Haridrā and Vana haridrā (turmeric and wild turmeric) are very efficacious drugs used externally over the sprains, contusions and bruises. The warm paste made of the roots of turmeric and wild turmeric with water mixed with lime is applied to the part affected. It gives immediate relief and cures pain and inflammation. The powder of the turmeric root is given internally with gur and hot milk to relieve the pain in doses of 15 to 30 grs.

(ii) The decoction of the henna leaves (Mehandi) is very efficacious for fomenting the painful parts.

(iii) The ointment made of the pulpe of the unripe tamarind with Conjee and Sesame oil (Tila taila) is a very efficacious application to the injured part.

(iv) The mixture of equal parts of verbena oil (Gandhatrina Taila) and coconut oil is an excellent local application.

(v) The poultice of the leaves of Pithecolobium dulce (Vilayati imali) or of Cissus quadrangularis (Asthisamghāti) applied over contusion, sprain and bruises is very beneficial.

(iv) The leaves of Zakhame-hayat (Kalanchi pinnata) are very useful drug for reducing inflammation and resolving the discolouration

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caused by contusion etc. A poultice of the roasted leaves or a paste of fresh leaves or their juice is applied.

(vii) Archa Lepa : is a very efficacious remedy for sprains, contusions and bruises.

Raktasrava-rodhaka (Styptics)

(Drugs that check bleeding).

For checking bleeding from wounds, cuts, ulcers etc., the following drugs are very useful :—

(i) Durva grass : the swarasa and pulpe are used.

(ii) Zakhame-heyat (Kalanchi pinnata) the juice and paste of leaves are used.

(iii) Apāmārga (Achyranthus aspera) : the juice of the leaves is used.

(iv) Āyapana or Visalya karni (Eupatorium triplinerve) : the paste made of fresh leaves.

(v) Vyāghrairanda (Jatropha curcas) : the milky juice is used.

(vi) Japa (Hibiscus rosa) : The juice of the flower is applied to the injured part.

(vii) Archa Lepa : is very good styptic.

Vāmaka yogas (Emetics)

(i) Madana phala (Randia dumatorum) is one of the best emetics in Āyurveda. Powder of dry fruits is taken in *doses* of 15 to 60 grs. with warm water. It is safest emetic. There are several kalpas (preparations) described in Charaka samhita kalpa sthana. For detail refer to Kalpa sthana. ch. cha. 1

(ii) The powdered seeds of bitter Luffa (Kadavi taroi) are given as an emetic in *doses* of 20 to 30 grs. with water.

(iii) The swaras of the leaves of Acalypha indica (Haritamanjari) is very safe and efficacious emetic specially for children. It is given in *doses* of 1 teaspoonful to children and in adult the *doses* may be increased upto 4 teaspoonful.

(iv) Vacha (Acorus calmus) powder in *doses* of 60 to 80 grs. with glassful of tepid water is very good emetic.

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(v) The emulsion of soap-nut (Ritha) in *doses* of 1½ to 2 drachms is a strong emetic and removes all sorts to toxic effects including toxin due to bites of venomus animals and reptiles.

(vi) The decoction of liquorice roots (Yastimadhu) is given with the addition of mustard powder 30 to 40 grs. in 2 to 4 ozs. of the decoction as an emetic specially in cough, indigestion and toxic effects.

(vii) Jimutaka (Bristly luffa) is an efficacious emetic. It is given in fever, dyspnoea, hiccup and similar other complaints as an emetic. There are many preparations described in Kalpa-sthana : Charaka Samhita.

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CHAPTER X

Visha Pratikaras (Antidotes)

Antidotes are drugs which counteract poisons.

(A) Sthavara Vishas (Vegetable and mineral poisonings).

Treatment : The general and immediate treatment is to remove the poison from the stomach by administering emetics or by washing the stomach mechanically. Some antidotes are also given to counteract the poison. The physicians should first try to diagnose the case by interrogation, signs and symptoms along with physical and chemical examinations. It is not possible to describe all types of poisoning in this small treatise. For detail the physician should refer to specific book on this subject. Only treatment of some most common poisonings will be dealt with here.

Poisoning due to Vatsanābha (Aconite)

The signs and symptoms of aconite

Poisoning : If the Vatsanābha is taken in excess doses, it causes dryness of the mouth and gullet with acute thrilling and burning sensation after a few minutes of ingestion. There is acute burning sensation in the stomach and vomiting along with profuse perspiration. The skin becomes cold and pulse rate is diminished and irregular. Pupils are dilated and eyes movement is stiffed. If proper and immediate care is not taken, dispnoea, depression and syncope supervenes resulting in death due to respiratory and heart-failure.

Treatment : Immediately the stomach should be washed and some emetic medicines should be administered to remove the poison. After emesis and washing of the stomach fried borax with cow's ghee or powdered Arjuna bark mixed with ghee and honey should be given. To protect the heart and check respiratory failure, Kasturi (Musk) or Jadvāra should be administered.

The following preparations are given to counteract the toxin produced by Aconite :—

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(*a*) Camphor water in *doses* of ½ to 1 oz.

(*b*) Swarasa of Tanduliyaka or Chaulai (Amarantus polygamus) with milk.

(*c*) The hot mixture of the juice of Udumbara or gular bark (Ficus racemosus) and ghee.

(*d*) Jambutvak Swaras (the juice of the bark of jambul tree) with conjee.

(*e*) Hingu (Fried asafoetida) 8 grs. with ghee given repeatedly as required.

Poisoning by Bhanga and Ganja (Indian hemp)

Signs and symptoms : Two varieties of Indian hemps are available—Canavis Indica and Canavis sativa (Bhanga and Ganja). Bhanga is made into paste and taken or a syrup is prepared out of it by mixing water and sugar and is drunk. Ganja is used as smoking. If they are taken in excess doses they produce intoxicating effects. The signs and symptoms may be explained under two heads viz. in first stage they produce giddiness and laughing, irrelevant talks and delerium, thrilling sensation, sluggishness of muscles and sleepary etc. Sometimes the patient becomes violent. In the second stage the patient enters into the grave condition of sleep say very deep sleep. It is rarely fatal by respiratory failure. These are habit forming intoxicating drugs.

Treatment : After washing the stomach the patient should be given unctuous drugs like ghee etc.

(i) Rose water or cooked rice with curds and butter is very efficacious.

(ii) The seeds of Arahar a (Pegion peas) macerated in water is very effective in this intoxication.

(iii) Milk with ginger powder is very efficacious.

(iv) Tamarind water is very effective in recovering the patient from Bhanga or Ganja intoxication.

(v) The juice of fruits or leaves of guava tree (Amarudha) is very efficacious.

Poisoning by Dhatoora

Signs and symptoms : If taken in poisonous doses, it causes dryness of mouth, tongue and throat. It effects the sense organs and intellect.

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The patient behaves like a mad man and speaks much irrelevant talks. His pupils are dilated and if timely proper treatment is not done he dies of respiratory and heart failure.

Treatment : The physician should try to remove the poison from the stomach by administering emetic drugs and stomach wash. After stomach is washed he should be given eow's milk and butter ro drink.

(i) Milk with vinegar made from grapes is very efficacious.

(ii) The juice of bringal in doses of 2 ozs. cures Dhatoora poisoning.

(iii) Cow's urine mixed with sugar is given.

(iv) The decoction of cotton pods or seeds is very efficacious.

Poisoning by Opium (Ahiphena)

Signs and symptoms : If taken in poisonous doses, it causes stupur, sleep, coma, depression, dyspnoea, respiratory failure and death, pupils are contracted.

Treatment : The physician should try to remove poison by administering emetics and stomach wash.

(i) An emulsion prepared of soap-nut (Ritha) and mustard seeds powder should be given as an emetic.

(ii) Fried asafoetida (Hingu) in *doses* of 45 to 60 grs. mixed in milk is very efficacious remedy.

(iii) The fried borax mixed with ghee is administered.

(iv) Guduchi Swarasa (the juice of Tinspora cordifolia) is very efficacious.

(v) The decoction of the bark of pipal tree, the juice of pumpkin (Alabu) the decoction of pegeon pea seeds (Arahara) Cotton seeds, castor seeds, and Āmalā (embelic myrobalan) are very efficacious.

Tobacco poisoning

Treatment : The juice of onion is very efficacious.

Cowhage (Kavācha) poisoning

Treatment : A mixture of ghee, honey and sugar is very efficacious.

Poisoning by Kanera (Nerium odorum)

It is an acrid poison. If taken in poisonous doses, it causes the pulse beat slow and depression. The death takes place due to respiratory and heart failure.

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Treatment : The stomach should be washed and after washing the stomach cow's ghee should be given to drink to the patient.

Poisoning by Kuchila (Nux Vomica)

Signs and symptoms : If taken in poisoing doses it causes convulsion of muscles and symptoms like tetanus. If proper and timely treatment is not done, the patient dies of respiratory failure.

Treatment : The physician should try to wash the stomach to remove poison and administer milk with ghee, camphor opium, tobacco, bhanga and ganja are antitodes. All treatments given to Vata diseases are recommended in this poisoning.

Poisoning due to Alcohol

Treatment : Dates (Kharjoora) macerated in water is given to counteract the alcohol poisoning. Two to four ounces of the juice of pumpkin are given with gur.

Areca-nut poisoning

A drink of cool water or water mixed with gur and ginger is a very good drink in this poisoning.

Poisoning due to Croton seeds and oil

Signs and symptoms : Its use in excess doses causes burning sensation, cramp and pain in the abdomen. It causes ulceration in the stomach and he passes liquid watery stools with blood. The patient becomes very week.

Treatment : The treatment should be antivāta-pitta. The patient should be given cow's milk, curd, ghee, butter, milk with sugar to counteract the poison.

(i) A drink made of lemon juice and sugar in water is very efficacious.

(ii) As soon as the symptoms are noticed 4 to 5 ozs. of lemon juice mixed with equal quantity of conjee or water should be given; the treatment should be followed by a dose of castor oil.

(iii) The powder of coriander seeds (Dhania) mixed with curd and sugar is very efficacious.

(iv) Cardemom (Ela) mixed with curds is very effective in croton poisoning.

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Blister caused by marking nut

(Bhallataka).

Treatment : The following applications are very efficacious :—

(i) The juice of Chaulai (Amaranthus Polygamus) is applied over the blister.

(ii) A paste made of seasame seeds (Tila) with butter or milk is applied over the blister.

(iii) The paste made of kernel of chebulic myrobalan (Haritaki) is applied over the blister.

(iv) Shatadhauta ghrita is very efficacious to apply over the blister.

(v) The mixture of macerated almonds and coconut oil is applied over the blister.

(vi) The juice of the leaves of Cassia tora (Chakramarda) or of Cassia fistula is applied over the blister.

(vii) The paste made of coriender seeds (Dhania) is a very efficacous application over the blister.

There are many other vegetable poisons described in Āyurvedic texts. The general signs and symptoms of vegetable poisonings are fever, hiccup, setting the teeth on edge, spasm of the throat, frothy salivation, vomiting, anorexia, dysphnoia and fainting.

Eight stages of poisoning has been described in Āyurvedic texts. In the first stage of poisoning, as a result of vitiation of the body nutrient fluid, there occur at first, thirst, stupor, setting the teeth on edge, ptyalism, vomiting and prostration. In the second stage when the blood gets vitiated, there occur discolouration, giddiness, tremors, fainting, sternuation, tingling pain in the body and asthma. In the third stage of poisoning when the māmsadhatu (flesh) gets vitiated there will be eruption, pruritus, oedema and wheals. In the fourth stage when there is vitiation of vāta and other doshas there will be burning sensation, vomiting, bodyache, fainting etc. In the fifth stage there will be darkness of vision or visions of various colours. In the sixth stage there will be hiccup and in the seventh stage there will be paralysis of the muscles supporting the shoulder and girdle. In the eighth stage there occurs death. These are eight stages of toxications.

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General treatment : First the heart of the patient should be well protected and whatever of the protective remedies for the heart are available, should be used. The patient may immediately be given honey, ghee, marrow, milk, red ochre or the juice of cowdung. Or the patient should immediately be administered boiled sugarcane juice or the meat-juice squeezed out of flesh or the blood of goat and other animals of that group. In the third stage of toxication he should be given alkaline antidotes and revulsive drugs that are curative of oedema, together with honey and water. In the fourth stage of poisoning, he should take the juice of cowdung mixed with wood apple, honey and ghee. In the fifth stage, he should be given Anjana (eye-salve) and nasal medication prepared with the juice of sword bean and black Srisha; and in the sixth stage measures of resuscitation should be returned to. He should be given a potion of turmeric, madder, black pepper, and long pepper mixed with ox-bile (Gorochana). Finally in the seventh stage he must be given a potion of antidotes-vegetables.

Metallic poisons

Arsenic poisonings : Signs and symptoms : Acute pain in abdomen, vomiting, diarrhoea, cramp in legs, acute thirst, bodyache etc. The symptoms of cholera are manifested in arsenic poisoning.

Treatment : After washing the stomach and administering emetic drugs, the physician should give unctuous and stimulant medicines.

(i) The paste of Catechu (Khadira) in cow's milk should be given to counteract the toxin produced by arsenic.

(ii) Catechu mixed with water should be given repeatedly.

(iii) The juice of Nimba patra is very efficacious.

(iv) Shigrupatra swarasa (the juice of the leaves of horse radish) in doses of 1½ ozs. with milk of 1 lb. should be given repeatedly.

(v) Tanduliyaka (Chaulai) Swarasa with sugar is very efficacious in arsenic poisoning.

(vi) Powdered black pepper in doses of 90 grs. mixed with 4 ozs. of butter should be given to counteract the poison of arsenic.

Copper poisoning

Signs and symptoms : giddiness, vomiting, diarrhoea, delirium, pain in abdomen, fever and blood vomiting are manifested in copper poisoning.

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Treatment : Stomach wash is very essential. An emetic should be administered to remove the poison from stomach. Plenty of water to drink should be given.

(i) Cold linseed tea is very efficacious in copper poisoning.

(ii) Milk, butter or ghee should be freely used as an internal remedy.

(iii) An ounce of the white gum of Babul tree dissolved in 2 ozs. of water should be given repeatedly (10 to 12 times in an hour).

Lead poisoning

Signs and symptoms : Pain in abdomen, dryness of mouth, thirst, vomiting, constipation, paralysis, insanity etc. are manifisted by lead poisoning.

Treatment : After emetics unctuous and sweat drugs should be given.

(i) Purgative drugs should be given.

(ii) Pomegranate juice, milk with sugar, and juice of radish are very efficacious.

(iii) Lemon juice with sugar is also very efficacious in lead poisoning.

(iv) Vacha (Acorus calmus) of sweat variety with water is also very good in lead poisoning.

Mercurial poisoning

Signs and symptoms : Burning sensation in mouth and stomach, pain in abdomen, vomiting, diarrhoea, salivation, haemoptysis, albuminaria, haemeturia, retention of urine, delirium, appoplaxy and death (if timely and proper treatment is not done) occurs in mercurial poisoning.

Treatment : The physician should try to remove the poison from the stomach by administering emetic and stomach wash. After emesis milk in large quantity should be given to drink.

(i) Āmalaki churna (powder of embelic myrobalan with hot water is very efficacious.

(ii) Shudha gandhaka (purified sulphur) with milk is very effective to counteract mercurial poisoning.

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(iii) A paste made of the root of Karela (memordica charantia) with water is very efficacious.

(iv) The juice of chaulai (Amaranthus polygamus) mixed with ghee is very beneficial in mercurial poisoning.

(v) The mixture prepared of juices of Bhringarāja (Eclipta Alba) and Agastya flower (Sesbenia grandiflora) mixed with saltpeter (Swarehi) and butter milk in doses of 2 ozs. is very effective to counteract the poison caused by mercurial salts.

(iv) The pulp of the ripe wood apple (Kapitha) is very efficacious in checking profuse salivation caused by mercurial salts

(vii) The juice of bamboo leaves in doses of 1½ ozs. is very efficacious.

(viii) The juice of betel leaves with the purified (sublimed) sulphur 15 grs. is very efficacious.

(ix) The decoction of the bark of Babul tree or jambu tree is very efficacious gargle to check salivation caused by mercurial salts.

(x) The mixture prepared of the juice of betel vine, Eclipta alba, holly basil with goats milk is very efficacious application over the body to cure eruptions of the skin caused by mercurial poisoning.

Jangama Vishas

(Poisoning due to bites and stings of animals and insects).

Serpents, insects, rats, spider, scorpions, dogs, jackals, rabits, etc. and the raptiles, insects, and animals from whose fangs come out the poison known as Jangama Vishas (mobile poisons).

The general signs and symptoms of Jangama Vishas are as follows:— Animal poisons cause somnolence, torpor, fatigue, burning, inflammation, horripilation, oedema and diarrhoea. Animal poison affects the lower parts of the alimentary tract more; while the vegetable poison affects more the upper parts. Therefore animal poison neutralises the effects of vegetable poison and vegetable poison neutralises the animal poison.

General treatment : The paste prepared from the roots of any of the following herbs made with water is applied over the bitten parts as an antidote to the toxin injected through the bite :—

(i) Aristaka (Ritha or Soap-nut) tree.

(ii) Agastya (Sesbenia grandiflora).

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(iii) Aparājitā (Clitoria ternatia).
(iv) Mālkanguni (Celestrus paniculata).
(v) Kitamāri (Aristolachia bacteata).
(vi) Nāgabāla (Sida acuta).
(vii) Kālājiri (Centratherum anthelmenticum).

2. The leaves of Zakhame-hayat (Kalanchoe pinnata) made into paste is applied over the biten parts.

Jackal and Dog bites

Signs and symptoms : All jackal and dog bites are not poisonous. Only bites of mad jackal and dog are poisonous. The poisonous effects of the bite of a mad jackal and dog is called rabies or hydrophobia which is a fatal symptom or condition. Therefore the physician should try to neutralise the poison injected through the bite by a jackal and dog immediately. The site or place of bite should be cauterised by any caustic agent such as nitric acid etc. The following medicine should be applied and/or administered to counteract the poison :—

(i) The paste made of the milky juice of Arka (Calotropis gigantica), Gur and Tila Taila (Sesame oil) or the paste made of red chillies is applied over the wound.

(ii) The decoction of the root-bark of Ankola (Alangium Salbifolium) is given with ghee. This acts as an emetic. All the toxin is thrown out by its use.

(iii) The root-bark of Ankole mixed with black pepper in doses of 15 to 20 grs. is given with water to counteract the poison.

(iv) The electuary made of 180 grs. of the powdered roots of Achyranthus aspera (Apāmārga) with honey is very efficacious.

(v) A poultice prepared of the pulpe of Aloe barbedenis (Kumāri) and rock-salt is applied over the wound caused by bite.

(vi) The Swarasa of the leaves of Cassia fistula (Amālatas) with musk is very efficacious.

(vii) Shuddha Kapilu (Nux vomica seeds) is very efficacious. It is given in doses of 1 to 2 grs. with ghee, twice or thrice daily.

(viii) Garlic juice is also very efficacious in dog bite.

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(ix) The mixture of the equal parts of the juice of Dhatoora leaves, milk, ghee and gur is given in doses of 3 ozs. to counteract the poison of dog bite.

(x) The tender leaves of Shigru (Horse radish) made into the paste with salt, black pepper, garlic and turmeric are eaten and at the same time the paste is applied over the wound to counteract the poison of dog bite.

Rat-bite poisoning.

Signs and symptoms : various glands of the body are inflamed, eruption on the skin, dermatitis, pains in small joints and fever, body-ache, anorexia etc. are symptoms manifested in rate bite.

Treatment : The following medicines are applied over the bitten parts of the body :—

(i) The juice of Tulasi (holy basil) mixed with opium is applied over the bite and also all over the body.—

(ii) A paste prepared of Kadvi Taroi (bitter Luffa) is applied over the bite.

(iii) The milky juice of banyan tree is also applied over the bite.

(iv) The paste prepared from the bark of Karanja (Pongamia pinnata). is applied over the bite. It is very efficacious.

(v) The mixture of the juice of Radish (Muli) and rancid coconut is applied over the bite.

Internally

(vi) The swaras (Juice) of the chaulai (Amaranthus ppolygamus) in doses of 1 oz. or its powder is given with honey twice or thrice daily for a week.

(vii) The roots of Nagaphani (Prickly pear) maçerated in milk are given twice a day for a week in doses of 1 to 2 drachms. No salt should be given during the use of this medicine.

(viii) The powder of the seeds of Achyranthes aspera (Apāmārga) in doses of 30 to 40 grs with honey is very beneficial in rate bite poisoning.

(ix) The mixture of the ginger, black pepper, the berries of the neem tree and rock-salt is given in 45 grs. doses with sugar and honey to counteract the rat bite poisoning.

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(x) Punarnavāstaka Kvātha is very efficacious in rat bite. *Doses* : 2 to 4 ozs.

The stings of scorpion

Signs and symptoms : Scorpion stings are very painful. The patient gets fits due to acute pain starting from the site of the sting and spreading over the body.

Treatment : (i) An application of the juice expressed from onion soothes the irritating pain of scorpion sting.

(ii) The paste made of powdered cumin seeds (jirak), ghee, salt and honey applied over the scorpion sting brings quick relief.

(iii) The application of the fresh milky juice from an unripe pappaya fruit brings quick relief.

(iv) The thick paste made of tamarind seeds is applied over the sting of scorpion to relieve the irritant pain.

(v) The roots of any of the following plants macerated in water is applied over the sting to counteract the poison caused by sting of scorpion :—

(*a*) Kasaundi (Cassia sophera).
(*b*) Putika Karanja (Bonduc nut).
(*c*) Agaṣtya (Sesbania grandiflora).
(*d*) Punarnavā (Boerhavia difiusa).
(*e*) Aparājitā (clitoras ternetia).

(vi) Palāsa beeja (seeda butea frondosa) is very efficacious. A paste prepared of it with water is applied over the sting.

(vii) Vrischika Dansāri : is a specific drug to be applied over the sting of the scorpion. It brings immediate relief to patient.

Snake bite

Signs and symptoms of snake bite : Generally the physician gets information from the patients guardian about the bite of a snake along with the kinds or race of that particular snake. The next information or confirmation of the information of snake bite is the wound or cut on the part of the body where snake has bitten. The final confirmation of the Snake bite along with the degree of poison poured or injected is done or inferred from the following symptoms :—

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(1) Salivation, (2) Burning sensation, (3) Fainting, (4) Nausea, (5) Inflammation over the bitten part, (6) Slow respiration, (7) Giddiness, (8) Cold sweat, (9) Palpitation, (10) Vomiting, (11) Convulsion, (12) Thirst, (13) Pain in abdomen, (14) Haemeturea, (15) Haemostasis, (16) Dyspnoea, (17) Glossitis, (18) Cyanosis and (19) Loss of taste sense.

(i) Poison injected by poisonous snakes through their bites spreads very quickly, therefore a torniquet or a tight bandage should be applied a few inches above the wound immediately to check the spread of poison all over the body.

(ii) The bitten part should be cut open with a sharp knife to let out the poisonous blood and then the bitten part should be cauterised.

(iii) In order to ascertain the effect of snake venom in the body of the patient (snake bitten person) he should be given to chew neem leaves, chillies one by one. If he does not feel the real taste of these drugs and find them sweet then the physician should diagnose the presence of poison in the body. This taste should be done very often during the treatment to find out the effects of the treatment.

(iv) Some emetic drugs should be given to the patient before administering any antidotes.

(v) The swarasa (juice) of the leaves of castor oil plant is given in doses of 8 Drms. (4 spoonful) with a spoonful of water. This will act as an emetic.

(vi) The decoction of the root bark of Bahunia variegata (Kānchanāra) and of peagon pea (Arahara) is very efficacious in snake bite. It is given repeatedly in doses of 2 to 4 ozs.

(vii) The swarasa of the root of vitex nigundo (Nirgundi) is beneficial in snake bite.

(viii) The paste made of the roots of Achyranthes aspera (Apāmārga) is very efficacious in conjee with ghee. It is used in all kinds of venomous snakes.

(ix) Chaulai swarasa (the juice of Amaranthus polygamus) is given with rice water in bites of all kinds of snakes.

(x) The emulsion of soap-nut (ritha) is given as a drink and at the same time it is applied to the eyes.

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(xi) Isaramula (Aristolochia Indica) specially the black variety is very efficacious antidote in snake bite. The paste of the roots is given either with water or mixed with the emulsion of soap-nut repeatedly in doses of 2 to 4 spoonfuls.

(xii) The mixture of ghee, honey, butter, long pepper, fresh ginger, black pepper and salt is very efficacious in snake poisoning.

(xiii) The juice of Sarpagandha (Rawalfia serpentina) is also given in snake bite.

(xiv) The paste of garlic mixed with ghee is applied over the bitten part.

(xv) Pills are made of the leaves of calotropis gigantica (Arka) macerated in the milk juice of the plant and are administered at short intervals to counteract the toxin produced by snake bite.

Bites and stings of insect.

The following drugs are used in insects bite or sting :—

(i) Apāmārga (Achyranthes aspera) a paste of leaves is prepared with water and applied over the sting or bite.

(ii) Ajawaina : Omum plant's leave : in shape of paste prepared with water.

(iii) Soya ke bija-(Dill seeds).

(iv) Kapitha : (Wood apple)-pulpe is made or powder is used in the forms of paste.

(v) Snuhi (Euphorbia nerifolia) mixed with long pepper and made paste is applied over the sting or bite.

(vi) The swarasa (juice) expressed from the onions applied over the affected parts quickly soothes the pain and irritation caused by the bite or sting.

(vii) The powder of tobacco leaves is dusted over the affected part.

General

The area bitten by the insects or worms causing chronic poisoning, gets red, pale, black or dark in colour, and covered with pimples and is afflicted with pruritus, burning, acute pain, spreading affection, suppuration and putrification.

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Bite by all kinds of poisonous spiders

Signs and symptoms : There occur swelling, pimples of pale, black, red or yellow colour, fever, terminal dysponea, burning, hiccup and stiffness of the head.

Treatment : The physician should carry out treatment with the medication that is antagonistic in qualities to the nature of the predominant Doshas observed by its symptoms. In all cases of poison except that of scorpion and the crab affecting any part of the body, cooling remedies are generally beneficial. In cases of scorpion poison, sudation, inunction with ghee and rock salt, hot affusions and eating articles prepared in ghee and potion of ghee are beneficial.

(i) The application made of the barks of lactiferous plants (Kshiri vriksha) following up on the purificatory procedure, cures toxicosis due to insect-bites. The application of pearl is curative of oedema, burning, pricking pain and fever.

(ii) The paste of sandal wood, himalyan cherry, cuscus grass, shiris, chestnut tree, milky yam, Indian velerian, costus, trupet flower, fragrant sticky mallow and Indian sarsaperila rubbed in the juice of the Assyrian plum should be used as application etc., as found suitable to the condition on hand after full investigation in poison due to spider bite.

(iii) The potion prepared of Mahuva flower, liquorice, costus, shiris, fragrant sticky mallow, trumpet flower, neem, Indian sarsaperila and honey is curative of spider-poison.

(iv) White shiris, Arjuna, Siris, Assyrian plum and bark of milky trees should be used to make decoctions, pastes and powders which are curative of ulcers resulting from insect and spider bites.

(v) The prickly amaranth mixed with the juice of the sword-bean is the fore-most of antidotes. Similar in effect are black nightshade and tooth-brush tree, mixed with peacock's bile. The siris-pentad antidote prepared with pulvis of the fruits, roots, bark, flower and leaves of shiris mixed with an equal quantity of ghee is fore-most among antidotes.

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Appendix I

Definition of the technical terms used in the text.

1. Anjana (or Collyrium) is an Ayurvedic term for a preparation to be used for eye troubles with the help of a rod (Shalākā) specially prepared for the purpose. It is a fine powder applied in the eyes with the help of the said rod.
2. *Arka* : is an Ayurvedic preparation obtained by process of distillation. There is a special apparatus called Arka-Yantra (Distiller) for it.
3. *Arishta* : Arishta is a preparation by process of fermentation from various types of Kashayas (decoctions) for retaining their preparaties for a longer time or period.
4. Avaleha or Lehyam (Linctus) is a preparation of semisolid consistency prepared with the medium of sugar or jaggary and water or any other liquid like milk etc. on a slow fire. It is also called Prāsa or Lehya.
5. *Ālepa or Lepa* : is a kind of paste prepared for external application with the help of water or any other liquid. It may be thin or thick in semi-liquid consistency as required.
6. *Āranāla* : is a preparation in which some cereals or food stuff or vegetables are put or kept into water for sometimes and allowed to be-come sour or fermented. It is also called Conjee (Kanji).
7. *Āsavas* : are preparations wherein drugs are put in liquids and allowed to ferment for a certain period. To expedite fermentation some fermenting agents are also added. The liquid is filtered after the completion of the fermentation. The average time fixed for it is one month.
8. *Bhasma* : is a preparation in which metals, non-metals, animal's hard parts like bone etc. and wood or plants are burnt to ashes or powder. There are many devises described for this kind of preparations in Ayurvedic texts.
9. *Churna* : When a drug after due purification is made in the form of powder, it is called churna. It may be coarse or fine according

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to requirements. There are many kinds of powdering machines available.

10. *Drāvaka* : When solid drugs are made into liquid form by process of melting, it is called Drāvaka.

11. *Ghanasatva* : is the solid extract of any drug prepared by boiling the drug or drugs in water or some other liquid reducing the liquid to half or oneforth as the case may be, and after filtering it, is again boiled to make it into solid form. It is also called Rasakriyā.

12. *Guda* : is an Āyurvedic preparation in which a decoction of drugs is prepared in which jaggary or sugar is put and boiled to make it sticky and then some powder of drugs are put and boiled to make its consistency like that of jaggary (Guda).

13. *Gutikās* : are pills or tablets made out of various drugs. The drugs are separately powdered and the requisite quantity taken and mixed. Then Jaggery or sugar or honey or any other similar substances are added to the powder and made into pills or tablets. Sometimes the sugar or Jaggery is desolved in water and boiled to make sticky (Chāsani) and then powder is added to prepare pills. Another method of preparation is that the powdered drugs are put in Khalvam (Stone mortar) and ground with water, Kashaya, or Swarasa as the case may be. When the whole thing is grounded to form a pill mass or to the specified number of days, it is made into pills of the required size. If in prescription Kasturi (musk) or Karpoora are included, they are added only at the end and ground. The pills are dried in shade till the moisture is completely dried. It is also called Vati, Vataka and Guti.

14. *Guggulu* : The preparation that consist of Guggulu is called Guggulu.

15. *Ghrita* : is that kind of preparation in which a special procedure has to be followed.

The following things are generally required for Ghritapāka :—

(i) Kāshaya or Swarasa.
(ii) Kalka.
(iii) Ghrita.
(iv) Kshira (milk)

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The quantity of Kashāya (decoction) should be four times that of ghee (butter). If the Kashāya is prepared from soft drugs the water should be taken four times of the quantity of the Kashāya drugs and if hard drugs are there, the quantity of water should be eight times of the drugs and then reduced to one fourth of the water. The drugs for the Kalka (paste) should be finely powdered and ground with water or milk to prepare paste. The quantity of Kalka should be one-fourth of the ghee. Saindhava, Kshāra etc. should be disolved in Kashāya. Milk if mentioned should be four times of the ghee.

The entire thing is to be placed over the fire (slow fire) and boiled till the moisture evaporates; care should be taken to see that the Kalka does not adhere to the buttom of the pan or vessel. It should be often stirred. When the froth disappears after some times of boiling and the Kalka could be rolled by the fingures then it should be filtered.

16. *Hima* : is a cold infusion prepared by putting drugs into cold water for sometimes generally 12 hours and macerated and filtered. It is also called Shita-Kashāya.

17. *Kashāya* or *Kvātha* : is a preparation where drugs are dried and powdered coarsely and then one part of the drug or drugs is put in a vessel and sixteen or eight or four times of water are added. It is then boiled down on moderate fire to reduce the quantity of water to one fourth. It is then filtered and used. It is also called Shrita.

18. *Kalka* : is a kind of paste prepared by grounding the drugs on a stone with water. The drug is first soaked in water and then grounded on a stone.

19. *Khanda* : To make Khanda one has to prepare confection first and when confection becomes thick or almost solid so as to cut it into pieces like Barphi, it is called Khanda. To make a confection of herbal drug it is mixed with sugar or sugar-candy or gur. The two ingredients are put over a slow fire and are gently stirred very often after mixing a little water to make a uniform mixture of the right consistency.

20. *Kānje or Conjee* : is a sour or fermented liquid preparation of a cereal or a pulse made in one of the following ways :—

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(i) The lightly crushed cereal or pulse is boiled in water in a closed earthen vessel, to allow it to ferment, the boiled mixture is left standing for a couple of days in the same vessel, its mouth is kept tightly closed. The fermented liquid is Conjee. It is strained through cloth.

(ii) The mixture of 25 ozs. of lightly crushed cereal or pulse, 8 lbs. of water and a few slices of a fresh tender radish (Muli) is kept in a large earthen vessel, the mouth of which is kept tightly closed for a few days till the mixture ferments and turned sour, the fermented liquid is Conjee. It is strained through cloth.

21. *Lehyam* : See Avaleha.

22. *Lepam* : See Ālepa.

23. *Manda* : is a preparation of cereals boiled in sufficient quantity of water and decantated. The decantated liquid free from gruels is called Manda. It is generally prepared with fried paddy (Laja) and rice or Barley in sufficient quantity of water.

24. *Modaka or Laddoo* : It is a sweetmeat ball usually made of coarsely ground wheat or gram or pulse mixed with sugar or gur; when required a herbal drug is also added to the mixture, the ingredients are made into a ball and fried in ghee.

25. *Netra-bindu* : is a liquid lotion to be dropped in eyes to cure eye-troubles.

26. *Pānaka or Syrup* : is prepared with sugar or sugar candy or juice of sweet fruits by boiling into water till it becomes sticky.

27. *Peyā or* Gruel : is prepared by boiling rice or barley or sago in water. It is always thin liquid with gruels.

28. *Prāsa* : See Lehyam or Avaleha or linctus.

29. *Putapakva* : is a special process of extracting juice of a drug plant by roasting it in a particular way. A bolus is made of the fresh clean plant or of the part to be used as a drug; the bolus is enclosed in layers of leaves of the jambul tree or of the banyan tree or of castor oil plant; the leaves are kept in position by means of a string; this leaves covered bolus is surrounded by a plaster of an inch or two thick of wet mud and cloth; the whole mass is roasted till the mud plaster turns red hot; the roasted boluns is the removed

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from its coverings and its juice is then sqeezed out. This juice is used.

30. *Phānta* : It is a hot infusion. The very finely powdered herbal drug is infused in four, six or eight times (in weight) in boiling water for 2 to 3 hours. The infusion is prepared in earthen vessel and the mouth is kept tightly closed. The infusion is strained before use.

31. *Pisti* : is prepared by grounding the drug like Pravāla, Shukti, pearl, etc. in rose water or some juice in a mortar (stone or porcelain).

32. *Parpati* : It is prepared by melting the Kajjali (black sulphide of mercury) in an iron spoon on slow fire and putting the melted Kajjali on a pre-arranged leaf (unbroken leaf) of plantain which is spread over a flaten cowdung already kept on sand at a place and pressed with another plantain leaf and cowdung, so as to make the melted Kajjali in parpatti form.

33. *Rasas* : When the Bhasmas and Sinduras are added with other medicines and made into pills etc., are generally termed as Rasas. The term is indicative of the preparation containing Rasas, Uparasas, Bhasmas of Dhatus and Upadhatus etc.

34. *Sinduras* : When the Bhasmas prepared in Kupis or special bottle prepared for sublimation of the Kajjali heated in Bālukā yantra and the resultant powder becomes red it is called Sinduram.

35. *Swarasa* : is the juice of any plant squeezed out of it with or without the help of water. It is the juice extracted from a fresh healthy plant or its part by maceration. The expressed juice is strained through a piece of cloth.

36. *Satva* : Guduchi Satva. Cut into small pieces fresh ripe stems of Guduchi. Pound well in a stone mortar and mix with water. After sometime decant the water and take the sediment. Pour water in a wide mouthed vessel. Cover the mouth of the vessel with a piece of thin cloth and strain the above sediment. The Satva of Guduchi will then pass through the cloth and get mixed with the water in the vessel. Allow the water to stand for a day. Decant the supernatant water and dry the white sediment. This is Guduchi Satva.

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37. *Shukta* : Any juice like that of grapes or Jambul or sugar cane etc. or decoction when allowed to ferment and when it becomes sour it is called Shukta or Vinegar. It is an impure acetic acid. It is also called Siraka.

38. *Surā* : is an alcohol—the principle constituents of wines and spirits. It is prepared by distillation of fermented materials like that of Āshavas and Aristas.

39. *Tandulodaka* or rice water : It is an infusion of rice in cold water. Two ounces of clean and very coarsely pounded rice are infused in 16 ozs. of cold water for two or three hours. The rice soaked in the infusion is then thoroughly macerated by hand before the infusion is strained through cloth. The strained liquid is rice water-Tandulodaka.

40. *Taila* : The same procedure or method is adopted for the preparation of Taila as that of Ghritam. The only difference is found in Sidhi i.e. Pāka. When froth appears on the surface and if the Kalk could be rolled by the fingures and when put into the fire no crackling sound comes then the Pāka is complete.

41. *Kshāra* : A Kshāra or extract of a herbal drug is prepared in two ways :—(1) Small pieces of parts of drug plant of which a Kshāra is to be prepared are burnt to ashes in a large earthen vessel; the ash is mixed with 64 times of water (by weight); the mixture, after it has been well churned, is kept standing for 24 hours; the supernatant liquid is then carefully decanted; this decanted liquid is boiled till all the water has evaporated and a white residue is left. This is Kshāra.

(ii) Pieces of the drug plant are burnt in a pit lined with lime stones; the ash is well mixed with six times its weight of water; the mixture is left standing for some time; it is then repeatedly strained through cloth several times; the strained liquid is put on fire to boil; the lime stones removed from the pit are made very hot and immersed in the strained liquid when it is boiling; the liquid is then strained; it is again boiled till it turns red, transparent and soapy to touch; the liquid prepared is Kshāra.

42. *Malahara* : is the name in Āyurveda given to ointment.

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43. *Yavāgu* : is also prepared like that of Manda. It is a thick gruel than that of Peyā.

44. *Vilepi* : It is thicker than yavāgu-full of gruels.

N.B.: Vilepi is prepared with four times of water while Peyā in six times and Manda in 14 times of water by weight of the cereal. Manda, Peyā and Vilepi are the three varieties of Yavāgu. Manda is without Siktha (cooked cereal or sediment)while Peyā is with sediment but very thin and in Yavagu, it is full of sediments and Vilepi is very thick almost semi-liquid.

Appendix II

Dictionary of technical terms used in text.

1. *Anulomana* : Carminative—Having the power to relieve flatulence and associated colic.
2. *Anuvāsana* : The substance or drug that causes the body soft, unctous and strong is called Anuvāshana. The oils in Vatavikaras and butter (ghrita) in Pitta vikaras are very efficacious. An oily enema is called Anu-Vāshana Vasti.
3. *Agnisādana* : The substance and drug that causes the defficiency of digestive power (fire) is called Agni-sādana.
4. *Adhobhāgahara* : The drug that clears the body dirts by lower passage i.e. rectum or anum (Guda) is called Adhobhāga-hara.
5. *Apatarpana* : The measure and drug that causes the body and body-element starve is called Apatarpana.
6. *Arshah-Shātana* : The drug that causes the piles or haemorrhoidal growth cut, dry and fall is called Arshah-Shātana.
7. *Arshoghna* : A drug that cures piles or haemorrhids is called Arshoghna.
8. *Avasādana* : A drug that causes depression in the body and mind.
9. *Asmaribhedana* : Urinary linthontripties. A drug that breaks the stone formed in urinary tract.
10. *Ākshepa samana* : Anti-convulsant.
11. *Āntrika-Kotha-Prashamana* : Intestinal antiseptic.
12. *Āma-pāchana* : Measures and drugs that digest Ama-doshas are called Āma-pāchana.

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13. *Āmāshaya* : Stomach and Small intestines where undigested food stuffs are digested.
14. *Urdha-bhāga hara* : A drug that cleans the upper portion of the body by throwing out the dirts through upper passages i.e. mouth and nose etc.
15. *Kandughna* : Antipruritic—A drug that cures itching sensation.
16. *Kusthaghna* : A drug that cures skin diseases.
17. *Krimighna* : A drug that kills or destroys worms—Anthelmentics.
18. *Kavaladhārana* : Gargle.
19. *Kriminihsāraka* : Vermifuge.
    A drug that expels the worm from the body.
20. *Kotha-prasamana* : Antiseptic.
21. *Garbhāshaya Sāmaka* : Uterine sedative.
22. *Garbhāsaya Samkochaka* : Ecbolic—A drug that causes the contraction of the uterus.
23. *Grāhi* : A drug that solidifies the liquid stools.
24. *Chhardinigrahana* : Anti-emetic.
25. *Jiwaniya* : A drug which improves the vitality and nutrify the body. Nutrient.
26. *Jwara-hara* : Febrifuge—and antipyritic. Any agent which allays or reduces fever.
27. *Dantasodhana* : Any measure or drug that cleans the tooth is called Dantashodhana (Dentrifrice).
28. *Dāhaprasamana* : Refrigerant. A drug that cures the burning sensation of the body or which cools the body.
29. *Dipana-stomachic* : A drug that improves the digestive power and increases the appetite.
30. *Nidrājanana* : Hypnotios—A drug that brings sleep.
31. *Pāchana* : Digestive.
32. *Pakvāshaya* : Colon.
33. *Nirāma* : Free from undigested materials.
34. *Niruha vasti* : A simple enema free from oil or with very little oil.
35. *Nasya* : Errhine or a drug used through nostrils.
36. *Langhana* : Fasting—Any measure or drug that causes the body light and reduces the bulk of the body is called Langhana.

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37. *Lekhana* : A drug that reduces the fat of the body and causes the body thin is called Lekhana.
38. *Muktānubandhi* : Intermitent.
39. *Mandāgni* : Deficient digestive power or fire.
40. *Mutral* : Diuretic.
41. *Mādaka* : Narcotic.
42. *Mridurechana* : Laxative.
43. *Medhya* : Brain tonic.
44. *Bhedana* : Drastic purgative.
45. *Brinhana* : Restorative of body elements.
46. *Bājikarana* : Aphrodisiac.
47. *Bahya-krimighna* : Insecticide.
48. *Balya* : Tonic.
49. *Pittasāraka* : Cholagogue.
50. *Putihara* : Deodarants.
51. *Rasaina* : A drug that increases the normal body-elements and improves the health and longevity is called Rasaina.
52. *Raktakana-Vardhaka* : Haematinics.
53. *Raktavardhaka* : A drug that increases the blood.
54. *Raktasodhaka* : Blood purifier.
55. *Rakta-bhāra Vardhaka* : Vasoconstrictor.
56. *Rakta-bhāra samaka* : Vaso-dialator.
57. *Raktastambhana* : Haemostatic.
58. *Rakshoghna* : Disinfectant.
59. *Rechana* : Purgative.
60. *Ropana* : Healer.
61. *Romasātana* : Depilatories.
62. *Romasanjanana* : A drug that grows the hairs.
63. *Sāma* : With Amadoshas i.e. immature Doshas, Dhatus and malsa.
64. *Sransana* : Simple and anthraicene purgative.
65. *Samsarjana* : To bring to the normal diet.
66. *Samsargaja* : Two mixed together.
67. *Sannipataja* : All mixed together.
68. *Samavegi* : Continuous fever.
69. *Samagni* : Normal digestive power or fire.

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70. *Svedana* : Suddation or diaphoralic.
71. *Snehana* : Oleation, Emollient, Demulcent.
72. *Sara* : Laxative.
73. *Srotovishoshana* : Purificator of channels and tracts.
74. *Stambhana* : Sedative. A drug that causes constipation.
75. *Stambhaka* : Retaintive.
76. *Samshamana* : Palliative.
77. *Samsodhana* : Curative.
78. *Samtapanivaraka* : Antipyretic.
79. *Sphotajanak* : Vesicant.
80. *Svedajanana* : Diaphoretic.
81. *Svedapanayana* : Anhidrotics.
82. *Shiro-virechana* : Errhine, Snuff.
83. *Shoolaprasaman* : Analgesic.
84. *Shvāsahara* : Antiasthmatic, Bronchial anti-spasmotic.
85. *Tikshnagni* : Excessive digestive power.
86. *Vamana* : Emesis, Emetic.
87. *Virechana* : Purgative, Purgation.
88. *Vishamavegi* : Remitant.
89. *Vishamarambha visargi* : Irregular, Intermitant.
90. *Varti* : Sticks.
91. *Vrishya* : Aphrodisiac.

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Appendix III

Glossary of the herbal drugs mentioned in the text.

Botanical name. *Sanskrit name.*

1. **Abies webbiana : Tālīsapatra**

Parts used : Dried leaves.

Doses : 7 to 15 grs. in powder form 4 to 12 drachms as infusion.

Preparation : Tālisādya Churna and Tālisādi Vati.

2. **Abroma Augusta : Pisācha Karpāsa** (Ulata Kamala),

Parts used : Root, leaves and root barks.

Doses : Root bark powder 15 to 30 grs.
Root powder decoction ½ to 1 oz.
Leaves Swarasa—3 to 5 drachms.

3. **Abrus precatorius : Gunjā** (Ratti or Ghughuchi)

Parts used : Leaves, roots, and seeds.

Doses : Leaves decoction 2 to 4 ozs.
Root Powder—7 to 15 grs.
Seeds powder—1 to 3 grs.

Preparation : Gunjā-bhadra Ras, Gunjā taila, Gunjādilepa.

4. **Abutilon Indicum : Atibalā** (Kanghi)

Parts used : Roots, leaves and seeds.

Doses : Swarasa—3 to 5 drachms.
Powder—15 to 45 grs.

5. **Acacia Arabica : Babbula**

Parts used : Barks, leaves, fruits and gum.

Doses : Leaves 30 to 60 grs.; Bark decoction 1 to 2 ozs.
Seeds—20 to 40 grs. Gum—30 to 90 grs.

Preparation : Babbulārista, Lawangādi Vati, Irimedādi Taila etc.

6. **Acacia Catechu : Khadira**

Parts used : Bark, wood, flowering tops gum and extract.

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Doses : Bark and wood in powder form 10 to 30 grs. 1 to 2 ozs. in decoction forms.
Flowers—10 to 30 grs.; Extract—5 to 20 grs.
Preparation : Khadirādi Vati, Khadirarista, Lavangādi Vati etc. Khadirādi Kvātha.

7. **Acacia concinna : Saptala—Rithā.**
Parts used : Pods and leaves.

8. **Acacia fernesiana : Arimeda or Vitkhadira**
Parts used : Bark, Gum, leaves, flower and Gum.
Doses : Decoction of bark—1 to 2 ozs.
Preparation : Arimedādi Taila.

9. **Acacia Latronum : Kinkirāta**
Parts used : Fresh roots.
Dose : Decoction ½ to 1 oz.

10. **Acalypha Indica : Haritamanjari.**
Parts used : All parts of the plant.
Doses : Swarasa—1 to 4 drachms.
Powder—10 to 30 grs.

11. **Achyranthes Aspera : Apāmārga.**
Parts used : Roots, seeds, leaves and Kshāra of entire part.
Doses : Swarasa—3 to 5 drachms.
Kvātha—2 to 4 ozs.
Seeds Powder—15 to 45 grs.
Kshāra—7 to 15 grs.
Preparation : Apāmārga kshāra and Taila.

12. **Aconitum Ferox : Vatsanābha** (Visha)
Parts used : Root (poison).
Doses : ¼ grs. (After purification).
Preparation : Mrityunjaya, Hinguleswara, Ānanda bhairava, Rāma Bāna, Kaphaketu etc.

13. **Aconitum Hetrophylum : Ativisha** (Atisha).
Parts used : Root.
Doses : 7 to 45 grs. (Powder).
Preparation : Bālachāturbhadra Churna, Ativishādi Churna etc.

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14. **Aconitum Palmatum : Prativishā.**
Parts used : Root.
Doses : 3 to 7 grs. (Powder).

15. **Acorus calamus : Vacha**
Parts used : Root.
Doses : 2 to 7 grs. (Powder).
As emetic 10 to 15 grs.
Preparation : Sāraswata Churna, Medhya rasayana.

16. **Adhatoda vasica - Vāsā**
Parts used : Roots, leaves and flower.
Doses : Patra swarasa : 3 to 5 drachms.
Flower : 7 to 15 grs.
Root bark powder—3 to 5 grs.
Decoction : 1 to 2 ozs.
Preparation : Vāsā-valeha, Vasārista, Vasa pānaka, Vāsā chandanadi Taila etc.

17. **Adina cordifolia : Peetadāru**
Parts used : Bark and leaves.
Doses : swarasa 3 to 5 drachms.
Decoction—2 to 4 ozs.
Powder—15 to 45 grs.

18. **Aegle marmelos : Bilva** (Baela)
Parts used : Root, Bark, leaves, fruits.
Doses : Powder—30 to 180 grs.
Swarasa—3 to 5 drachms.
Decoction—1 to 2 ozs.
Preparation : Bilva panchaka Kvātha. Bilvādi churna, Bilvādi ghrita, Bilva Taila, Dasamoola etc.

19. **Adiantum Lunulatum : Hansapadi**
Parts used : Leaves.
Doses : 20 to 60 grs.

20. **Ailanthus excelsa Roxb : Mahabriksha**
Parts used : Bark, leaves, fruits and gum.
Doses : Bark powder—45 to 90 grs.
Infusion—1 to 2 ozs.

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21. **Alangium Lamarkii : Ankola or Ankotha**

Parts used : Root bark and seeds.

Doses : 5 to 9 grs. (as diuretic and diaphoratic). 45 grs. as an emetic—2 to 5 grs. as blood purifier.

Preparation : Ankola Taila.

22. **Albezia lebbec : Shirisha**

Parts used : Bark, seeds, leaves and flower.

Doses : Bark Powder 45 to 90 grs.
Seeds Powder—15 to 30 grs.
Swarasa of flower or leaves—3 to 6 drachms.

Preparation : Mahāshiris Agada, Sirishārista etc.

23. **Aleurites moluccana wild : Aranya Akshote**

Parts used : Seeds.

24. **Alhagi camelorum : Yavasā. Durālabhā.**

Parts used : Panchanga, Yāsa sharkarā.

Doses : Swarasa—3 to 5 drachms.
Kvātha—1 to 2 ozs.
Sharkarā—15 to 45 grs.

Preparation : Duralābhādi Kvātha.

25. **Allium cipa : Palāndu** (Onion)

Parts used : Root (Kanda) and seeds.

Doses : Kanda Swarasa—3 to 5 drachms.
Seeds powder—15 to 45 grs.

26. **Allium sativum : Rosona** (Garlic)

Parts used : Kanda and oil.

Doses : Kanda kalka—20 grs. to 90 grs.
Oil—1 to 2 minims.

Preparation : Rasonādi vati, Rasona Pinda, Lashunāidi ghrita, Rasona Staka and Rasonādi taila.

27. **Alocacia Indica : Māna Kanda**

Parts used : Kanda, stem and leaves.

Doses : Kanda Powder—1 to 3 drachms.
Swarasa—3 to 5 drachms.

Preparation : Mānakādi-gutikā, Māna manda.

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28. **Alocacia macrorriza : Kasālu**

Parts used : Root stock (Kanda) and leaves.

29. **Aloe Barbedensis : Kumāri, Ghrita Kumāri**

Parts used : All parts of the plant.

Doses : Swarasa—3 to 5 drachms.
Sāra : 2 to 7 grs.

Preparation : Kumāryāsava, Kumarikā vati, Kumāri pāka, Rajah pravartini vati etc.

30. **Alpina galanga : Rāsnā, Kulanjana.**

Parts used : Root stock and fruit.

Doses : Root powder—15 to 30 grs.

Preparation : Rāsnādi Kvātha, Rasanā saptaka kvātha etc.

31. **Alstonia scholaris : Saptaparna.**

Parts used : Barks, leaves and milky juice.

Doses : Swarasa—3 to 5 drachms.
Kvātha—2 to 4 ozs.
Powder—10 to 25 grs.
Milky juice—5 to 15 grs.

Preparation : Saptachhadādi Kvātha, Saptachhadādi taila, Saptaparna Ghanasatva.

32. **Amaranthus polygamus or gangeticus : Tanduliyaka** (Chaulai)

Parts used : Whole plant, leaves, roots and seeds.

Doses : Swarasa—3 to 5 drachms.
Powder—15 to 25 grs.

33. **Anacardium occidentale : Kāju**

Parts used : Bark, fruit and oil.

Doses : Fruit—1 to 3 drachms
Oil—1 to 2 drachms.

34. **Anacyclus pyrethrum : Akarkarabha** (Akarkara)

Parts used : Root.

Doses : 7 to 15 grs.

Preparation : Akarkarābhādi churna.

35. **Anamrita cocculus : Kākamāri**

Parts used : Fruit.

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36. **Ananas sativus : Anānāsa**
Parts used : Fruits and leaves.
Doses : Fruit Juice—½ to 1 oz.
Leave juice : 1 to 3 drams.

37. **Anethum Sowa Kurz-Shatapuspā** (Anisi)
Parts used : Seeds, Oil.
Doses : Powder—25 to 50 grs.
Oil—5 to 10 minims.
Preparation : Shatapuspādi churna, Shatapuspārka.

38. **Anona squamosa-Shitāphala** (Sarifa)
Parts used : Fruit, seeds and leaves.
Doses : Fruit—5 to 10 drachms.
Root powder—2 to 5 grs.

39. **Antidysentrica Holarrhena : Kutaja**
Parts used : Bark, fruits, seeds.
Doses : Decoction—3 to 5 drachms.
Bark Powder—1 to 3 drachms.
Seeds powder—7 to 15 grs.
Preparation : Kutajārista, Kutaja-avaleha, Kitari etc.

40. **Apium graveolens Linn : Ajamoda**
Parts used : Roots and fruits.
Doses : 15 to 45 grs. (Seeds powder).

41. **Aquilaria agallocha : Agaru**
Parts used : Wood, oil.
Doses : 7 to 25 grs.
Oil—1 to 5 minims.
Preparation : Agaruādi Taila.

42. **Arecca catechu : Supāri**
Parts used : Fruits.
Doses : 15 to 45 grs.
Preparation : Puga-khanda, Supāri pāka.

43. **Argemone Mexicana : Satyānāsi kateri, Swarnakshiri**
Parts used : Root, seeds and oil.
Doses : Root powder—15 to 45 grs.

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Seeds Powder—15 to 45 grs.
Oil—20 to 30 minims.

44. **Argyria speciosa : Bridhādaru** (Bidhāra)
Parts used : Root, stem and seeds.
Doses : Powder—15 to 45 grs.
Seeds powder—7 to 20 grs.
Preparation : Bridhadāruka-sama churna.

45. **Aristolochia bractata : Kitamāri**
Parts used : All parts of the plant.
Doses : Powder—25 to 50 grs.
Swarasa—3 to 6 drachms.
Decoction—½ to 1 oz.
Seeds—30 to 80 grs.

46. **Aristolochia Indica : Isaramula**
Parts used : All parts.
Doses : Leaves swarasa—1 to 2 drachms.
Root powder—10 to 30 grs.

47. **Artimisia absenthium : Afasantin**
Parts used : Dried flowering plant.
Doses : 15 to 30 grs.

48. **Artemisia Maritinna : Kirimāla**
Parts used : Dried flowers.
Doses : 2 to 10 grs. for children.
60 to 120 grs. for adult.
Preparation : Krimihara churna, Kitamarda rasa.

49. **Artocarpus Hetrophyllus :** (or integrifolia) **Panasa** (Katahara)
Parts used : Leaf buds, bark and fruit.
Doses : Decoction 2 to 4 ozs.

50. **Artocarpus Lakoocha : Lakoocha**
Parts used : Fruits and bark.
Doses : Decoction 2 to 4 ozs.

51. **Asperagus racemosus : Shatāwari.**
Parts used : Roots and leaves.
Doses : Swarasa—3 to 5 drachms.

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Kvātha—2 to 4 ozs.
Powder—20 to 50 grs.
Preparation : Shatāwari ghrita, Phala ghrita, Nārāyana taila, Vishnu Taila, Shatāwari Pāka, etc.

52. **Astere-canthus longifolia : Kokilaksha** (Tāla makhāna).

Parts used : All parts and seeds.
Doses : Swarasa—5 to 10 drms.
Seeds powder—15 to 30 grs.
Kshāra—3 to 5 grs.
Preparation : Paustika churna.

53. **Asfoetida** (Ferula narthex) **: Hingu**

Parts used : Niryasa (Gum).
Doses : 2 to 7 grs.
Preparation : Hinguādi vati, Hingwastak churna, Hingu-karpora vati, etc.

54. **Avicennia officinlis : Tuvaraka**

Parts used : Bark, seeds, oil. (See Hydnocarpus wightiana)

55. **Azadirachta Indica : Nimba**
Azadirachta Melia : Mahānimba

Parts used : Bark, leaves, flowers, fruits and oil.
Doses : Swaras—3 to 5 drachms.
Powder—15 to 30 grs.
Oil—4 to 10 minims.
Preparation : Nimbādi churna, Nimbārista, Nimba Haridrā, Khanda etc.

56. **Averrhoe carambola Linn. : Kamarakha.**

Parts used : Fruit and leaves.
Doses : Swarasa —3 to 5 drachms.

57. **Bacopa monnieri penn. : Gratiola monnura : Jala brahmi or : Jala nimba**

Parts used : All plant (whole plant)
Doses : Swarasa—2 to 3 drachms.
Powder—7 to 25 grs.

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58. **Balanites aegyptica : Ingudi**
Balanites Roxburghu : (Hingote)
Parts used : Bark, fruit, seed and oil.
Doses : Kvātha—5 to 15 drachms.
Fruit majja—7 to 15 grs.
Fruit Powder—8 to 20 grs.
Oil—5 to 20 minims.

59. **Baliospermum montanum : Danti.**
Parts used : Root, seeds and leaves.
Doses : Root powder—15 to 45 grs.
Seeds powder—1 to 3 grs.
Leaves decoction—1 to 2 ozs.
Preparation : Dantyarista, Dantyadi Churna, Danti-Haritaki etc.

60. **Balsam odendrum mukul : Guggulu**
Parts used : Niryasa (Gum).
Doses : 7 to 25 grs.
Preparation : Yogarāja guggulu, Kaishore Guggulu, Simhanāda Guggulu, Amritā Guggulu, Chandraprabhā Vati etc.

61. **Bambusa Manna : Bansalochana**
Bambusa Arundenacia : Bansa
Parts used : Root, leaves, leaf bud, fruit and Bansalochana.
Doses : Kvātha—2 to 4 oz.
Bansalochana—15 to 45 grs.
Preparation : Sitopalādi churna, Tālishādi churna.

62. **Barleria prionitis : Kurantaka**
Barleria Cristate etc. (Kata saraia)
Parts used : Whole plant, leaves.
Doses : Swarsa—3 to 5 drachms.
Kvātha—2 to 4 ozs.

63. **Baselia Rubra Linn : Upodikā**
Parts used : Whole plant.
Dose : Swarasa—2 to 3 drachms.

64. **Bauhinia racemosa : Kānchanāra**
Bauhinia variegata : Kovidāra

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Bouhina Tomentosa

Parts used : Bark and flower.
Doses : Powder—1 to 2 drachms.
Kvātha—2 to 4 ozs.
Puspa swarasa—3 to 5 drachms.

65. **Benencasa Hispida : Pethā**

Parts used : Leaves, roots, fruits, seeds.
Doses : Fruit Juice—2 to 4 ozs.
Preparation : Kushmānda Khanda.

66. **Barberis Asiatica : Dāruharidrā**

Parts used : Root, stems and fruits.
Doses : Swarasa—3 to 5 drachms.
Kvātha—2 to 4 ozs.
Rasota—7 to 15 grs.
Fruit—1 to 3 drachms.

67. **Boerhavia diffusa : Punarnavā**

Parts used : Whole plant, leaves and root.
Doses : Root swarasa—1 to 3 drachms.
Powder—15 to 45 grs.
Panchang Swarasa —3 to 5 drachms.
Preparation : Punarnavāstaka Kvātha, Punarnavāsava, Punarnavā mandoora etc.

68. **Brassica Alba : Sarshapa.**

Parts used : Seeds and Oil.
Doses : Seeds powder—1 to 2 drachms.
Preparation : Sarshapādi Lepa, Siddhārtha taila, and many oils. Sarshapādi udvartana.

69. **Brassica juncia - Rājika**

Parts used : Seeds and oil.

70. **Butea frondosa : Palasha**

Parts used : Bark, leaves, flowers, seeds and gum.
Doses : Bark Kvātha—2 to 4 ozs.
Leaves juice—3 to 5 drachms.
Flower juice—1 to 3 drachms.
Gum—7 to 20 grs.

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Seeds powder—5 to 15 grs.
Seeds Decoction—1 to 2 ozs.

Preparation : Palāsha-beejādi churna, Palāsha-beejādi Kshāra, Krimihara churna.

71. **Borassus flaballifer : Tāla**

Parts used : Buds, fruits, flower and seeds.

Doses : Swarasa—3 to 5 drachms.
Todi—2 to 4 ozs.
Kshāra—7 to 15 grs.

72. **Bokhara plums : Ālubokhara**

Parts used : Fruit.

Doses : 3 to 5 plums.
For purgative —5 to 10 plums.

73. **Bassia Latifolia : Madhuka**

Parts used : Flower, fruit, bark, seeds, oil and leaves.

Doses : Flowers—5 to 15 drachms
Bark Kvātha—2 to 4 ozs.

Preparation : Madhukasava.

74. **Caesalpinia crista : Putikaranja**
„ Bonducella : Ghrita Karanja

Parts used : Roots, seeds, fruits.

Doses : Seeds powder—15 to 30 grs.
Root powder—20 to 30 grs.
Leave swarasa—3 to 5 drachms.

Preparation : Karanjādi vati, Vishama-Jwaraghni Vati, etc.

75. **Caesalpinia digna : Vankeri**

Parts used : Root.

Doses : Powder 30 to 60 grs.

76. **Cajans cajan : Ādhaki, Arahara**

Parts used : Leaves and seeds.

Doses : Leaves Swaras—3 to 5 drachms.
Seeds—Used as soup.

77. **Calophylum insphylum : Punnaga**

Parts used : Bark, leaves, seeds and gum resin.

Doses : Kvātha—2 to 4 oz.

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78. **Calotropic gigantica : Arka**
„ Do procera
Parts used : Leaves, flower, root bark and latex.
Doses : Root-bark—4 to 12 grs. as an emetic 30 to 60 grs. leaves Swarasa 2 to 5 drops, dried latext—1 to 4 grs.
Leaves Powder—5 to 10 grs.
Preparation : Arka Lavana, Arka Taila, Arkeshwara Vati etc.

79. **Cannavis sativa : Vijaya—Bhānga**
Parts used : All parts of the plant
Doses : Powder— 2 to 4 grs. for children.
15 to 20 grs. for adult.
Ganja—1 to 2 grs.
Charasa—½ gr.
Preparation : Madanānand modaka, Kāmeswar modaka, Trailokya Vijaya Vati, Jātiphalādi churna etc.

80. **Capparis decedua : Karira**
Parts used : All parts of the plant.
Dose : Powder—30 to 45 grs.

81. **Capsicum anum : Lāla maricha.**
Parts used : Fruit, Seeds.
Doses : Seeds powder ½ to 1 gr.
Fruits—eaten as codiment.

82. **Camphor or Cinnamomum camphora : Karpura**
Parts used : Niryasa.
Dose : 2 to 5 grs.
Preparation : Karpoora vati, Arka Karpoora, Karpoorāsava, etc.

83. **Cardeospermum halicacabum : Karnasphote**
Parts used : Whole plant.
Doses : Swarasa—2 to 3 ozs.

84. **Carica papaya : Papaya—Papita**
Parts used : Leaves, fruits and seeds.
Doses : Powder of dried leaves—1 to 2 grs.
Dried latex—2 to 4 grs.

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Seeds powder—7 to 15 grs.
Leaves phanta—2 to 4 ozs.

85. **Carum carvi : Syahajirā**
Parts used : Seeds.
Doses : Powder—10 to 15 grs.

86. **Cassia Alata : Dadrughna**
Parts used : Leaves, flower and seeds. External uses.

87. **Cassia augustifolia : Markandika** (Sanai)
Parts used : Leaves and fruits.
Doses : Powder—15 to 45 grs.
Powder—1 to 2 drachms for laxative.
Preparation : Pancha Sakāra Churna, Shaṭ-Sakara churna, Madhuyastyādi churna etc.

88. **Cassia fistula : Amalatāsa—Āragvadha.**
Parts used : Leaves, flower, pods and root bark.
Doses : Phalamajja—3 to 5 drachms.
Phalamajja—5 to 10 drachms.
Bark Kvātha—2 to 4 ozs.
Flower—1 to 3 drachms.
Preparation : Āragvadhādi leha, Āragvadhādi Kvātha, Āragvadhādi Udvartana, Āragvadhādi Taila, etc.

89. **Cassia Auriculata : Āvartaki.**
Parts used : Bark, flower, seeds.
Doses : Kvātha—2 to 4 ozs.
Flower juice—3 to 5 drachms.
Seeds powder—15 to 30 grs.

90. **Cassia Occidentalis : Kāsamarda**
Parts used : Leaves, flower and fruit seeds and root.
Doses : Leave juice—1 to 3 drachms.
Seeds powder—15 to 30 grs.
Root decoctions—2 to 4 ozs.

91. **Cassia Tora : Chakramarda**
Parts used : Leaves and seeds, root.
Doses : Powder—15 to 45 grs.

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Swarasa—1 to 3 drachms.

Preparation : Dadrughni vati, Pāmāri taila, etc.

92. **Cassia Sophera : Kasaundi**

Parts used : Leaves, bark and seeds.

Doses : Powder—60 to 90 grs.

93. **Cargophylus aromaticus : Lavanga**

Parts used : Flower buds, oil.

Doses : 7 to 20 grs.

Oil—4 to 6 minims.

Preparation : Lavangadi vati, Lavangādi churna, Lavanga-chatuhsama, Lavangodaka etc.

94. **Cedrus devadara : Devadāru**

Parts used : Bark, wood, leaves and turpentine.

Dose : Wood powder—45 to 90 grs.

Decoction—1 to 2 ozs.

Turpentine—10 to 40 minims.

Preparation : Deodārvyādi Kvātha, Suradāru lepa etc.

95. **Celastrus Paniculata : Jyotismati, Malakanguni**

Parts used : Leaves, seeds and oil.

Doses : Oil 2 to 10 minims and as a diuretic 30 minims.

Powder—15 to 45 grs.

Kvātha—1 to 2 ozs.

96. **Centella Asiatica or Hydrocotile Asiatica : Mandukaparni or Brāhmi. Whole plants.**

Dose : Swarasa—2 to 4 drachms.

Powder—5 to 10 grs.

Preparation : Brāhmi ghrita, Sāraswatārista, etc.

97. **Centratherum anthelminticum : Aranya Jiraka, Somarāji—Karjiri**

Parts used : All parts of the plant, and seeds.

Doses : Seeds powder—90 to 180 grs.

Leaves Swarasa—½ to 1 oz.

Preparation : Somarāji taila and Somarāji ghrita.

98. **Chena-podium-Album : Vāstuka**

Parts used : Leaves, branches, flowers and seeds.

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Doses : Swarasa—3 to 5 drachms.
Seeds Powder—45 to 90 grs.

99. **Cinnamomum camphora : Karpoora**
See camphor.

100. **Cinnamomi Tamala : Tejapatra**
Parts used : Leaves.
Doses : Powder—20 to 45 grs.

101. **Cinnamomum Zeylanicum : Tvak, Dārchini**
Parts used : Bark and oil.
Doses : Powder—7 to 25 grs.
Oil—2 to 5 minims.
Preparation : Sitopalādi churna, Khattikādi churna, etc.

102. **Cissampelos Pareera : Pathā**
Parts used : Leaves and root bark.
Doses : Root bark—60 to 90 grs.

103. **Cissus quadrangularis : Asthisamghāti** (Hadajoda)
Parts used : All parts of the plant.
Swaras—3 to 5 drachms.
Powder—20 to 40 grains.

104. **Cirullus colocynthis : Indravāruni**
Parts used : Root, dried pulp of the fruit, the seeds, oil from seeds.
Doses : Root powder—4 to 6 grs.
Fruit powder—2 to 7 grs.
Root swarasa—1 to 3 drachms.
Preparation : Nārāyana churna.

105. **Citrus aurantifolia : Nārangi**
Parts used : Fruits and flowers.
Doses : Swarasa—½ to 1 oz.
Flower Swarasa—3 to 5 drachms.
Preparation : Pānaka (Syrup).

106. **Citrus medica var-limita : Nimbu** (Sweet)
Parts used : Fruits.
Doses : Swarasa—1 to 2 ozs.

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107. **Citrus medica-var Acida : Nimbu** (Sour)
Parts used : Fruit juice.
Dose : 1 to 3 drachms.

108. **Cleome Icosandra or viscosa : Suryāvarti** (Hurahura)
Parts used : Seeds and all parts of the plant.
Dose : Powder—15 to 45 grs.
Swarasa—1 to 3 drachms.

109. **Clerodendrum phlomidis : Agnimantha** (Ganiara)
Parts used : Leaves and root bark.
Doses : Swarasa—2 to 4 drachms.
Root bark—45 to 90 grs.
Preparation : Dasamula Kvātha, Dasamulārista, etc.

110. **Clerodendrum Sirratum : Bhārangi**
Parts used : Leaves and roots.
Doses : Leaves swarasa—1 to 3 drachms.
Leaves Powder—20 to 45 grs.
Root decoction—1 to 2 ozs
Preparation : Bhārangyadi Kvātha, Bhārangi-guda etc.

111. **Clirota-ternatia : Aparjāitā**
Parts used : Roots, seeds and leaves.
Doses : Root bark—60 to 120 grs.
Seeds—20 to 60 grains.
Swarasa—1 to 3 drachms.

112. **Coccinia Indica : Bimbi** (Kunduru)
Parts used : Leaves, roots and fruits.
Doses : Swaras—2 to 4 drachms.
Roots powder—45 to 90 grs.

113. **Cocculus hirsutus : Pātāl gadudi**
Parts used : Leaves and roots.
Doses : Root decoction—4 to 5 ozs.
Powder—25 to 90 grs.

114. **Cocos nucifera : Nārikela**
Parts used : All parts, fruit, flower, oil and termented juice.
Dose : Fruit—5 to 10 drachms.

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Oil—10 to 20 minims.
Kshāra—7 to 15 grs.

115. **Coleus aromaticus : Parnayavāni**
Parts used : Leaves and roots.
Doses : Swarasa —1 to 3 drachms.

116. **Colocasia esculenta : Arvi**
Parts used : Leaves and root bark eaten as a vegetable.

117. **Coriandrum sativum : Dhānyaka** (Dhania)
Parts used : Leaves and seeds.
Doses : Powder—1 to 2 drachms.
Shita kasāya—5 to 10 drams.
Swarasa—3 to 5 drachms.
Preparation : Dhānyapanchaka Kvātha, Dhānyādi Hima, Surasadi Phānta Dhānya Chatuska etc.

118. **Crataiva Religeosa : Varuna**
Parts used : Root, Bark and leaves,
Doses : Decoction—2 to 4 ozs.
Swarasa—3 to 5 drachms.
Preparation : Varunādi kvātha, Varunādya ghrita, Varunādi taila.

119. **Crotan tiglicum : Jayapala**
Parts used : Root, seeds and oils.
Doses : Root powder—10 to 30 grs.
Seeds—1 to 2 grs.
Oil—$\frac{1}{2}$ to 1 minim.
Preparation : Ichhābhedi rasa, Jalodarāri rasa, Jwaramurāri etc.

120. **Curcuma longa : Haridrā**
Parts used : Root stock.
Doses : Swarasa—1 to 2 drachms.
Powder—10 to 60 grs.

121. **Cyperus rotundus : Nāgarmustaka**
Parts used : Tubercles, root.
Doses : Powder—15 to 45 grs.
Decoction—2 to 4 ozs.

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Preparation : Mustakādi Kvātha, Mustakārista, Mustādi Churna, Shadanga Pāniya etc.

122. **Convolvulus pluricaila : Shankha puspi**

Parts used : Whole plant.

Dose : Swarasa—5 to 10 drachms.
Powder—1 to 2 drachms.
Decoction—2 to 4 ozs.

Preparation : Sankhapuspi Pāka, Amritādi rasaina.

123. **Dalbergia Sissoo : Sinsipā**

Parts used : Bark, leaves and mucilage.

Doses : Swarasa—3 to 5 drachms.
Powder—1 to 2 drachms.

124. **Datura Stramonium and Alba : Dhattura**

Parts used : Leaves, flower, root, fruit and Panchanga.

Doses : Leaves powder—1 to 3 grs.
Leaves for smoking—10 to 30 grs.
Seeds—1 to 2 grs.

Preparation : Kanakāsava, Kanak oil.

125. **Daucus Carota : Gājara**

Parts used : Fleshy tap root eaten as vegetable and salada.

126. **Diospyras pirigrina : Tindücka**

Parts used : Bark, fruit and seeds.

Doses : Decoction—2 to 4 ozs.
Seeds Powder—15 to 45 grs.
Seeds Oil—10 to 20 minims.

127. **Dolicus biflorus : Kulatha**

Parts used : Seeds.

Dose : Powder——30 to 60 grs.

Preparation : Asmahara churna, Kulathādi lepa, Kulathādi kashāya, etc.

128. **Dikamali Resin or gardenia Gumifera : Nādi hingu**

Parts used : Niryasa (Gum).

Doses : 3 to 7 grs.

129. **Eclipta Alba : Bhringarāja**

Parts used : Whole plant.

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Doses : Swarasa—1 to 3 drachms.
Powder—45 to 90 grs.
Preparation : Bhringarāja Taila, etc.

130. **Eliphantopus Scaber : Gojihvā**
Parts used : Whole plant.
Doses : Swarasa—3 to 6 drachms.
Powder—10 to 45 grs.

131. **Embelia ribes : Vidanga**
Parts used : Berries.
Powder Doses : 30 to 40 grs. (Adult).
Doses : 6 to 12 grs. (Children).
Decoction—½ to 1 oz.
Preparation : Vidangārista, Vāidangādi lauha, Vidangādi churna, Krimihara churn etc.

132. **Emblica officinalis or Phyllanthus Emblica : Āmalaki** (Āmala)
Parts used : Fruits.
Doses : Swarasa—3 to 5 drachms.
Powder—45 to 90 grs.
Preparation : Chyavana prāsa, Dhātri lauha, Dhātri rasayan etc.

133. **Eupatorium triplinerve : Āyāpana**
Parts used : Whole plant.
Doses : Swarasa...½ to 1 drachm.
Infusion...1 to 2 ozs.
Powder...½ to 1 drachm.

134. **Euphorbia antiquorum : Tridhārā** (Thohara)
Parts used : Stem, roots and root bark.
Doses : Juice of roasted stem—3 to 6 drachms (Adult); 1 drachm for children.

135. **Euphorbia Hirta or Mycrophylla : Dugdhikā**
Parts used : Stems—Whole plant.
Doses : Swarasa—1 to 3 drachms.
Powder—4 to 10 grs.
Kvātha—3 to 5 drachms.

136. **Euphorbia Nerifolia : Snuhi**
Parts used : Root, stem, leaves and milky juice.

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Doses : Root powder—3 to 7 grs.
Stem juice—3 to 5 drachms
Leaves juice—2 to 5 minims.
Milk—1 to 2 grs.
Preparations : Vajra kshāra, Snuhyādi taila, Snuhyādivati.

137. **Euphorbia tirucalli : Nāgaphani**
Parts used : Stem, roots and leaves.
Doses : Stem juice—3 to 5 drachms.
Root powder—3 to 7 grs.

138. **Evagrostis synasuroidis : Kusha**
Parts used : Roots.
Doses : Kvātha—2 to 4 ozs.
Preparation : Kushāvaleha, Kushādi Kvātha and Trinapanchamula.

139. **Ephedra vulgaris : Soma.**
Parts used : Whole plant.
Doses : Powder—10 to 20 grs.

140. **Fagonia critica or Arabica : Durālabha**
Parts used : Whole plant.
Doses : Powder—1 to 3 drachms.
Phanta—2 to 4 ozs.
Preparation : Durālabhādi Kvātha, etc.

141. **Feronia eliphantum : Kapittha**
Parts used : Leaves, bark, fruit and gum.
Doses : Kvātha—2 to 4 ozs.
Fruit Stuff—5 to 10 drachms.
Fruit Swarasa—3 to 5 drachms.
Preparation : Kapitthastaka churna.

142. **Ferula Narthex : Hingu**
Parts used : Niryasa.
Doses : 5 to 10 grs.
Preparation : Hingvastaka churna, Hingvādi vati etc.

143. **Ficus Bengalinsis : Vata**
Parts used : Bark, leaves, shoots, milk and fruit.
Doses : Kvātha—2 to 4 ozs.

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Powder—1 to 2 drachms.
Milk—10 to 20 minims.
Preparation : Nyogrodhādi churna, Nyogrodhādi ghrita.

144. **Ficus carica : Anjira** (Phalgu)
Parts used : Fruits.
Doses : 2 to 3 fruits.

145. **Ficus Glomerata or Racemosa : Udumbara**
Parts used : Bark, leaves, fruit and milk.
Doses : Powder—1 to 2 drachms.
Kvātha—2 to 4 ozs.
Leaves Swarasa—2 to 5 drachms.
Milk—10 to 20 minims.
Preparation : Udumbara Sāra, Gularin etc.

146. **Ficus Hispida : Kākodumbara**
Parts used : Root bark, fruit and milk.
Doses : Powder...1 to 2 drachms.
Kvātha—1 to 2 ozs
Fruit—½ to 1. oz.

147. **Ficus Religeosa : Asvatha or Pipala**
Parts used : Leaves, bark, latex and fruits.
Doses : Swarasa—3 to 5 drachms.
Kvātha—2 to 4 ozs.
Powder—1 to 2 drachms.

148. **Ficus lacor : Plaksha**
Parts used : Bark.
Doses : Kvātha—2 to 4 ozs.

149. **Foeniculum Vulgare or Capillaicum : Shatapuspā or Madhurikā**
Parts used : Roots, fruits and oil.
Doses : Powder—10 to 40 grs.
Oil—5 to 10 minims.
Arka—1 to 2 ozs.
Preparation : Shatapuspādichurna, Shatapuspādi ghrita.

150. **Fumaria purviflora : Pitta-pāpara.**
Parts used : Whole plant.

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Doses : Powder—60 to 90 grs.
Kvatha—2 to 4 ozs.
Preparation : Parpatādi kvātha, Parpatādyarista.

151. **Gardenia gumifera : Nadi-hingu or Dikamali**
Parts used : Gum.
Doses : 1 to 4 grs.

152. **Glycerrhiza glabra : Yastimadhu**
Parts used : Roots and roots extract.
Doses : 30 to 60 grs.
Extract—10 to 20 grs.
Preparation : Yastyādi churna, Yastyādi kvātha, Yastimadhvadi taila, etc.

153. **Gymnema sylvestra : Madhunāsina, Gudamāra.**
Parts used : Leaves, roots and seeds.
Doses : Powder—15 to 30 grs.
Root Kvātha—2 to 3 ozs.
Seeds powder—15 to 30 grs.

154. **Gossypium arborium : Karpāsa.**
Parts used : Leaves, fruits and roots.
Doses : Leaves Swarasa—1 to 2 drs.
Root bark—10 to 30 grs.

155. **Greuria papulifolia : Gangeruki.**
Parts used : Leaves and roots.
Doses : Swarasa—3 to 5 drachms.
Kvātha—2 to 4 ozs.

156. **Gentiana Kurroa : Trāyamāna.**
Parts used : Whole plant and root.
Doses : Swarasa—2 to 5 drachms.
Powder—1 to 2 drachms.

157. **Gynocardia odorata : Chāvalmugra**
Parts used : Seeds and oil.
Doses : Oil—3 to 10 minims. gradually increasing 30 to 60 minims.

158. **Heliotropium Indicum : Hasti-sundi**
Parts used : Whole plant.

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Doses : Leaves powder—30 to 60 grs.
Leaves Swarasa—20 to 30 minims.

159. **Hemidesmus Indicus : Anantamula**

Parts used : Roots, whole plant.
Doses : Roots powder—10 to 60 grs.
Decoction—1 to 2 ozs.
Preparation : Anantasālasa.

160. **Hibiscus esculantus : Bhindi**

Parts used : Fruit and seeds.
Doses : Decoction—1 to 2 ozs.
Powder—30 to 60 grs.

161. **Hibiscus rosasinensis : Japā**

Parts used : Leaves, roots, flower and flower buds.
Doses : Swarasa—3 to 5 drachms.
Kalka—1 to 2 drachms.
Preparation : Japākushuma Taila.

162. **Holarrhina antidysentrica : Kutaja**

Parts used : Bark, leaves, roots and seeds.
Doses : Bark decoction—2 to 4 ozs.
Bark powder—20 to 90 grs.
Seeds powder—5 to 15 grs.

163. **Hyoscymus niger : Pārsika Yavāni.**

Parts used : Seeds, Whole plant.
Doses : Powder—4 to 10 grs.

164. **Hydrocotile Asiatica : Brāhmi** (Mandukaparni)

Parts used : Whole plant.
Doses : Swarasa—3 to 5 drachms.
Powder—5 to 25 grs.
Preparation : Brāhmi ghrita, Sāraswatārista, Sāraswata churna, Brāhmi Pānaka, Brāhmi Taila, etc.

165. **Indigofera tinctoria : Nilika** (Nila)

Parts used : Whole plant.
Doses : Leaves swarasa—2 ozs.
Root powder—1 to 2 grs.

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166. **Ipomea hedaracia : Kāladānā**

Parts used : Whole plant and seeds.
Doses : Swarasa—1 to 3 drachms.
Powder—10 to 12 grs.
Powder—45 to 60 grs. (for purgation).

167. **Ipomea Paniculata or digitata : Vidāri Kanda**

Parts used : Tuberous root.
Doses : Swaras—1 to 2 ozs.
Powder—2 to 3 drachms.
Preparation : Vidari kādi churna.

168. **Inula racemosa : Puskaramula.**

Parts used : Root.
Doses : 3 to 15 grs.
Preparation : Puskarādi churna, Puskaramulādi churna.

169. **Jasminum auriculatum : Yuthikā** (Juhi)

Parts used : Leaves and flower.
Doses : Swarasa—3 to 5 drachms.
Patra Kvātha—2 to 4 ozs.

170. **Jasminum grandiflorum or officianale : Jāti** (Chameli)

Parts used : Leaves, roots and flower.
Dose : Kvātha—2 to 4 ozs.
Powder—15 to 45 grs.
Preparation : Jātyādi taila, Jātyādivarti, Jātyādi ghrita.

171. **Jasminum sembac : Mallika** (Bela)

Parts used : Root, leaves and flowers.
Doses : Kvātha—2 to 4 ozs.

172. **Jatropha curcas : Vyāghrairanda**

Parts used : Leaves, roots, seeds and oil. External uses only.

173. **Kalanchoi Pinnata : Jakhmehayata.**

Parts used : Leaves. Externally used.

174. (Andrographis paniculata) **Kalmegha : Yavatiktā**

Parts used : Whole plant.
Doses : Powder—10 to 20 grs.

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Swarasa—½ to 2 drachms.
Kvātha—2 to 4 ozs.

175. **Lageneria vulgaris : Kadvi tumbi or Katukālābu**
Parts used : Leaves, roots, fruits and seeds.
Doses : Dried fruit pulpa—2 to 4 grs.
Swarasa—2 to 3 drachms.
Seeds powder—15 to 45 grs.
Preparations : Tumbi taila.

176. **Lausonia inermis : Mehandi or Madayantikā.**
Parts used : Leaves, bark, flower and seeds.
Doses : Swaras—1 to 3 drachms.
Seeds powder—15 to 45 grains.
Decoction—1 to 2 ozs.
Preparation : Madayantyādi churna.

177. **Leucas cephilotes : Dronapuspi**
Parts used : Whole plant.
Dose : Swarasa—1 to 3 drachms.

178. **Luffa Echinata : Devadāli**
Parts used : Fruit.
Doses : 7 to 15 grs.
For emesis—15 to 30 grs.

179. **Lemon grass or Cymlospogan citratus : Jambira trina.**
Parts used : Whole plant, oil.
Doses : Decoction—1 to 2 ozs.
Infusion—2 to 4 ozs.
Oil—2 to 5 minims.

180. **Melia Azadirachta : Mahā Nimba.**
Parts used : Leaves, bark, fruit and flower.
Doses : Kvātha—2 to 4 ozs.
Patra swaras—3 to 5 drachms.
Seeds powder—7 to 15 grs.

181. **Mallotus phylipenensis : Kāmpila, Kamila**
Parts used : Fruits die.
Doses : 15 to 45 grs.
10 grs. for children.

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Preparation : Krimighātini vati.

182. **Mentha pipereta : Piparmint**

Parts used : Whole plant, oil and extract.
Doses : Infusion—3 to 10 drachms.
Oil—1 to 3 minims.
Satva—½ to 2 grs.

183. **Mesua Ferra : Nāgakeshara.**

Parts used : Pollen (Kshara) flower.
Doses : Powder—7 to 15 grs.

184. **Mimosa pudica : Lajjālu**

Parts used : Whole plant.
Doses : Swarasa—3 to 5 drachms.

185. **Mimusops Hexendra : Kshirini**

Parts used : Fruits, bark and leaves.
Doses : Bark decoction—2 to 4 ozs.
Powder—25 to 50 grs.

186. **Momordica charantia : Kārvella** (Karela).

Parts used : Whole plant and fruit.
Doses : Swarasa—3 to 5 drachms.
For emesis—2 ozs.

187. **Momordica cochin chinensis : Karkotaka**

Parts used : Root and fruit.
Doses : Swarasa—3 to 5 drachms.
Powder—25 to 50 grs.

188. **Moringa pterygosperma : shigru** (Sahijana)

Parts used : Bark, leaves and seeds.
Doses : Swarasa—15 to 45 grs.
Kvātha—1 to 2 ozs.
Seeds powder—10 to 15 grs.

189. **Myrica Nagi : Kāyaphala**

Parts used : Bark.
Doses : 15 to 30 grs. (Powder).
Preparation : Kataphalādi kvātha.

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190. **Myristica fragrans : Jāvitri** (Jātikosha, Jāyaphala).

Parts used : Seeds and Capsuls.
Doses : Powder—10 to 20 grs.
Oil—5 to 15 minims.
Preparation : Jātiphalādi churna, Jātiphalādi vati, Jātipatrādi kvātha.

191. **Mucuna prurita or pruriem : Kapikachhu** (Kavācha)

Parts used : Roots, leaves, pods, seeds.
Doses : Powder 1 to 3 grs.
Seeds powder—25 to 45 grs.
Root—Swarasa—½ to 1 drachm.
Root kvātha—2 to 4 ozs.
Preparation : Bānari Gutikā.

192. **Musa Paradisiaca or Sapientum : Kadali**

Parts used : Fruit, flower and stem.
Doses : Swarasa—3 to 5 drachms.
Kshāra—7 to 15 grs.
Pānaka—2 to 3 drachms.
Preparation : Kadalyādi ghrita.

193. **Musk or Moschus Moschiferus : Kasturi**

Parts used : Kasturi.
Doses : 1 to 2 grs.
Preparation : Kasturi Bhairava rasa, Kasturi bhushan rasa, Basanta kusumākara rasa etc.

194. **Nardostachy Jatamansi : Jatāmānsi.**

Parts used : Root stock.
Doses : Phanta—1 to 2 ozs.
Powder—10 to 20 grs.
Decoction—1 to 2 ozs.
Preparation : Mānsyādi kvātha, Rakshoghna ghrita.

195. **Nilumbo nucifera : Kamala**
or Nelumbium speceosum : Padma

Parts used : Whole plant, flower and seeds.
Doses : Seeds powder—60 to 90 grs.

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Pollen : 10 to 30 grs.
Root swarasa—3 to 5 drachms.
Preparation : Arvindāsava.

196. **Nerium Indicum : Karavira**
Nerium Odarum.
Parts used : Roots and root bark.
Doses : Powder—¼ to 2 grs.
Preparation : Karvirādya taila.

197. **Nyctanthes arbortristis : Pārijātaka**
Parts used : Leaves and bark.
Doses : Swarasa—3 to 5 drachms.
Powder—2 to 10 grs.

198. **Nux Vomica** (Strychnos Vomica): **Kuchelaka**
Parts used : Seed and bark.
Doses : 1 to 3 grs.
Preparation : Agnitundi vati, Vishamusti vati, Navajiwana rasa, Lakshmi vilas rasa, Krimimudgar rasa.

199. **Ocimum basilacum : Babui-Tulasi, Surasa.**
Parts used : Whole plant, leaves.
Doses : Swarasa—½ to 1 drachm.
Powder—20 to 30 grs.

200. **Ocimum Sanctum : Tulasi, Surasa**
Parts used : Whole plant, root, leaves, flower.
Doses : Leaves Swarasa—1 to 3 drachms.
Seeds powder—20 to 30 grs.
Decoction—1 to 2 ozs.
Preparation : Surashādi phānta.

201. **Onosoma bractatum : Gojihva-Gaunjuba**
Parts used : Whole plant.
Doses : Kvātha—1 to 2 ozs.
Preparation : Gojihvādi kvātha.

202. **Operculinna Terpenthum : Trivrita, Nisotha.**
Parts used : Root bark.
Doses : Powder—15 to 90 grs.

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Preparation : Trivritādi churna, Trivritadi Gutika, Avipatti kara churna.

203. **Opium-Papever Somniferum : Ahiphena.**

Parts used : Fruit extract (opium).

Doses : ½ to 2 gr.

Preparation : Ahiphenāsava, Nidrodaya vati, Karpoora rasa, Dugdha vati, etc.

204. **Oroxylon Indicum : Syonāka** (Sonapatha)

Parts used : Bark, root.

Doses : Bark powder—5 to 15 grs.
Decoction—1 to 2 ozs.

Preparation : Dasamula kvātha, Dasamulārista etc.

205. **Penganum Harmala : Harmala**

Parts used : Seeds.

Doses : 10 to 30 grs.

206. **Phaseolus mungo : Mudga.**

Parts used : Whole plant and seeds, used as a soup.

207. **Phaseolus radiatus or Roxburghi : Māsha**

Parts used : Seeds.

Doses : Powder—1 to 3 drachms.

Preparations : Mashabalādi kvātha, Mahā Māsha taila etc.

208. **Phoenix dactolifera : Kharjoora**

Parts used : Fruits and seeds.

Doses : 5 to 7 fruits.
Swarasa—2 to 4 ozs.

209. **Piper Bettel : Tāmbula**

Parts used : Leaves.

Doses : Swarasa—1 to 3 drachms.

210. **Piper chavya : Chavya**

Parts used : Root and fruit.

Doses : Powder—10 to 20 grs.

Preparation : Prānadā gutikā, Panchakola phanta, Kānkāyana modaka.

211. **Piper longum : Pippali**

Parts used : Root, fruit.

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Doses : Powder—10 to 20 grs.
Preparation : Pippalyāsava, Panchakola etc.

212. **Piper Nigrum : Maricha**
Parts used : Fruit.
Doses : 5 to 20 grs.
Preparation : Marichādi gutikā, Marichādi taila, Marichādi churna, etc.

213. **Picrorrhiza Kurroa : Katuki**
Parts used : Root.
Doses : Powder—10 to 20 grs.
Powder—25 to 90 grs. (for purgative)
Preparation : Katukādya lauha, Tiktādya Kvātha, Tiktādya ghrita, etc.

214. **Phylanthus nureri or Urindia : Bhumyālaki**
Parts used : Whole plant.
Doses : Swarasa—3 to 5 drachms.
Powder—25 to 50 grs.

215. **Plumbajo Zeylanica : Chitraka**
Parts used : Roots bark.
Doses : 3 to 15 grs.
Preparation : Chitrakādi Vati, Chitraka Haritaki, etc.

216. **Pongamia pinnatta or Glabra : Karanja**
Parts used : Bark, leaves, seeds and oil.
Doses : Swarasa—3 to 5 drachms.
Seeds powder—15 to 45 grs.
Preparation : Karanjādi churna, Karanjādi ghrita.

217. **Portulaca obracia : Kulphā**
Parts used : Whole plant.
Doses : Swarasa—3 to 5 drachms.
Powder : 15 to 45 grs.

218. **Prunus ciroloids : Padma Kastha**
Part used : Stem, bark. seeds.
Dose—Powder : 10—30 grs.
Infusion ; 2 to 3 ozs.

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219. **Prunus Amegelalus : Bādāma**

Parts used : Seeds stuff, Seeds oil.

Doses : 7 to 10 seeds,
Oil—1 to 3 drs.

Preparation : Bādāma Pāka.

220. **Psoralia corylipholia : Bākuchi.**

Parts used : Seeds, and oil.

Doses : Powder 15 to 45 grs. Oil external application.

Preparation : Avalgujādi lepa.

221. **Pterocarpus santalenus : Rakta Chandana.**

Parts used : Wood.

Doses : Powder—25 to 50 grs.
Decoction—1 to 2 ozs.

222. **Ptyachotis : Ajawāyan**

Parts used : Seeds.

Doses : Powder—15 to 30 grs.

Preparation : Yamāni shādava, Arka yamāni.

223. **Punica granatum : Dādima.**

Parts used : Bark, Fruit, roots.

Doses : Swarasa—1 to 2 ozs.
Kvātha—2 to 4 ozs.

224. **Randia dumatorum : Madana phala.**

Parts used : Fruits, seeds and bark.

Doses : 45 to 90 grs. (for emesis).
15 to 30 grs. for other purposes.
Bark decoction—2 to 4 ozs.

Preparation : Madanādi lepa.

225. **Raphanus Sativus : Mulaka**

Parts used : Root and seeds.

Doses : Swarasa—5 to 10 drachms.
Dried root kvātha—2 to 4 ozs.
Seeds powder—15 to 45 gr.

Preparation : Sushka mulādi taila.

226. **Rhus succedenia : Karkata Sringi**

Parts used : Capsule.

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Doses : 10 to 25 grs. (Powder).

Preparation : Shringyādi churna, Karkatādi churna, Bāla-chaturbhadra churna.

227. **Ricinus communis : Eranda.**

Parts used : Root, leaves, seeds and oil.

Doses : Root paste—45 to 90 grs.
Leaves paste—3 to 5 drachms.
Oil—½ to 1 oz.
Seeds—2 to 6 seeds.

Preparation : Eranda pāka.

228. **Rubia cordifolia : Manjisthā**

Parts used : Root.

Doses : Kvātha—2 to 4 ozs.
Powder—15 to 45 grs.

Preparation : Manjisthādi kvātha, Manjisthādi arka.

229. **Rauwolfia serpentina : Sarpagandhā.**

Parts used : Root.

Doses : Powder—5 to 10 grs. (for lowering down the blood pressure).
15 to 30 grs. (as hypnotic).
15 to 45 grs. (in insanity).

Preparation : Sarpagandhādi churna and vati, Sarpagandhā yoga.

230. **Santalum Album : Chandana**

Parts used : Wood, and oil.

Doses : Powder—45 to 90 grs.
Oil—5 to 20 minims.

Preparation : Chandanādi churna, Chandanāsava, Chandanādi vati.

231. **Saraca Indica : Ashoka.**

Parts used : Bark, flower and seeds.

Doses : Decoction—2 to 4 ozs.
Seeds powder—15 to 45 grs.

Preparation : Ashokārista, Ashoka ghrita.

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232. **Sausuria lapa : Kustha.**

Parts used : Root.

Doses : Powder—5 to 20 grs.

Preparation : Kusthādi churna, Kusthādi kvātha, Kusthādi taila.

233. **Sesbenia Aegyptica : Jayanti.**

Parts used : Root, bark, leaves and flower.

Doses : Powder—30 to 60 grs.
Swarasa—3 to 5 drachms.
Kvātha—2 to 4 ozs.

234. **Sisemum Indicum : Tila**

Parts used : Seeds and Oil.

Doses : Powder—45 to 90 grs.

Preparation : Tilādi gutika, Tilādi lepa.

235. **Sesbenia sesban : Vaijayanti**

Parts used : Root, seeds and flower.

Doses : Powder—15 to 30 grs.
Kvātha—1 to 2 ozs.

236. **Sesbania grandiflora : Agusta.**

Parts used : Bark, flower and other parts of the tree.

Doses : Swarasa—3 to 5 drachms.
Kvātha—2 to 4 ozs.

237. **Sida Cordifolia : Balā**

Parts used : Whole parts, roots, seeds.

Doses : Swarasa—2 to 5 drachms.
Powder—15 to 45 grs.

Preparation : Balādi kvātha, Balārishta, Balādi ghrita.

238. **Solanum xanthocarpum : Kantakāri**

Parts used : Whole plant.

Doses : Kvātha—2 to 4 ozs.
Powder—15 to 30 grs.

Preparation : Kantakāri ghrita, Nidigdhikādi kvātha, etc.

239. **Solanum Nigrum or Indicum : Kākamāchi**

Parts used : Whole plant.

Doses : Swarasa—3 to 5 drachms.

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Fruit powder—15 to 30 grs.
Kvātha—1 to 2 ozs.
Preparation : Kākamāchi Arka.

240. **Solanum Indicum : Brihati**

Parts used : Root and fruit.
Doses : Kvātha—2 to 4 ozs.
Powder—15 to 30 grs.
Preparation : Brihatyādi kvātha, Dasamulārista.

241. **Strychnos Potatorum : Kataka, Nirmali.**

Parts used : Seeds.
Doses : 15 to 30 grs.
For emesis—90 grs.

242. **Saffron** (Crocus sativa) : **Keshara** (Kumkum).

Parts used : Keshara (Pollen).
Doses : 7 to 15 grs.
Preparation : Kum Kumādi ghrita, Kum Kumādi taila.

243. **Strychonos Nux Vomica : Kuchila**

Parts used : Seed.
See Nux Vomica

244. **Spheranthus Indicus : Gorakhamundi.**

Parts used : Whole plant.
Doses : Swarasa—3 to 5 drachms.
Kvātha—2 to 4 ozs.
Powder—7 to 15 grs.
Preparation : Mundi Arka.

245. **Symplocis Recimosus : Lodhra**

Parts used : Bark.
Doses : Powder—15 to 45 grs.
Kvātha—2 to 4 ozs.
Preparation : Lodhrāsava, Lodhrādi kvātha.

246. **Tanner's cassia** (Cassia Auriculata) : **Tarawara, Āvartaki.**

Parts used : Bark, flower and seeds.
Doses : Swarasa—3 to 5 drachms.
Kvātha—2 to 4 ozs.

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247. **Tamarindus Indicus : Tintidi** (Imali)
Parts used : Fruit, seeds, bark, leaves.
Doses : Fruit—15 to 45 grs.
Seeds powder—15 to 30 grs.
Kshāra—10 to 30 grs.

248. **Tephrosia purpura : Sarapumkha.**
Parts used : Root and whole plant.
Doses : Powder—45 to 90 grs.
Swarasa—3 to 5 drachms.
Kshāra—15 to 30 grs.

249. **Terminelia Catapa : Jangali Bādāma**
Parts used : Bark. Externally used.

250. **Terminelia chebula : Haritaki.**
Parts used : Fruits.
Doses : Powder—15 to 20 grs.
Powder—45 to 90 grs. (Laxatives)
Kvātha—2 to 4 oz.
Preparation : Abhayā modaka, Abhayārista etc.

251. **Terminelia belerica : Vibhitaki.**
Parts used : Fruits.
Doses : Powder—15 to 45 grs.
Preparation : Triphalā chūrna, Phalatrikādi kvātha, Vibhitaka taila.

252. **Terminelia Arjuna : Arjuna**
Parts used : Bark.
Doses : Swarasa—3 to 5 drachms.
Kvātha—2 to 4 oz.
Powder—15 to 45 grs.
Preparation : Arjunārista, Arjuna ghrita.

253. **Thespesia pupulnea : Pārisa**
Parts used : Bark and leaves. External uses.
Preparation : Dagdhāmrita taila.

254. **Terminelia tomentosa : Asana**
Parts used : Bark and wood.
Doses : Kvātha—2 to 4 ozs.

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255. **Trichosanthis bracteta : Indravāruni**

Parts used : Root and fruits.

Doses : Powder of ripe fruit—15 to 45 grs.
Powder root—1 to 3 grs.

256. **Trigonelia faenum gracecum : Methikā.**

Parts used : All parts of the plant.

Doses : Powder—15 to 30 grs.
Kvātha—2 to 4 oz.

Preparation : Methi modaka.

257. **Tinspora cordifolia : Gudūchi**

Parts used : Whole plant and stem.

Dose : Kvātha—2 to 4 oz.
Powder—15 to 45 grs.
Satva—10 to 30 grs.

Preparation : Gudūchyādi kvātha, Amritārista, Gudūchi Lauha etc.

258. **Trichosanthes cucumerina : Patola**

Parts used : All parts, fruits.

Doses : Swarasa—3 to 5 drachms.
Kvātha—2 to 4 oz.

Preparation : Patolādi Kvātha.
Patolādi Chūrna.

259. **Tribulus terestris : Gokshura**

Parts used : Fruit and all parts of the plant.

Doses : Swarasa—1 to 2 drachms.
Phānta—1 to 4 oz.
Kvātha—2 to 4 oz.
Powder—5 to 10 grs.

260. **Eugenia jambolan : Jambu**

Parts used : Fruits, seeds, bark and leaves.

Doses : Swarasa—3 to 5 drachms.
Powder—15 to 45 grs.

Preparation : Jāmbvādi taila.

261. **Uraria picta : Prisnaparni.**

Parts used : Whole plant, root.

Dose : Kvātha—2 to 4 oz.

Preparation : Dasamūlārista, Dasamūla Kvātha.

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262. **Vetiveria Zizanioidis : Ushira**

Parts used : Root.

Doses : Powder—45 to 90 grs.
Cold Infusion—2 to 4 ozs.
Arka—5 to 10 drachms.

Preparation : Ushīrāsava, Ushirādi Kvātha etc.

263. **Vernonia Cineria : Sahadevi**

Parts used : Whole plant, root.

Doses : Swarasa—3 to 5 drachms.
Kvātha—2 to 4 ozs.

264. **Veleriana wallichii : Tagara**

Parts used : Root.

Doses : 15 to 45 grs.

Preparation : Tagarādi Kvātha.

265. **Vitex negundo : Nirgundi**

Parts used : Leaves, root and seeds.

Doses : Swarasa—3 to 5 drachms.
Root powder—15 to 45 grs.
Seeds powder 10 to 20 grs.

Preparation : Nirgundi taila, etc.

266. **Vitis venifera : Drākshā**

Parts used : Fruits.

Doses : According to digestive power.

Preparation : Drākshārista, Drākshādi chūrna, etc.

267. **Vitis quadrangularis : Asthi-Samghāti.**

Parts used : Leaves and stems.

Doses : Swarasa—3 to 5 drachms.

Preparation : Asthisamghati Taila.

268. **Wedalia calendulace : Bhringarāja**

Parts used : Whole plant.

Doses : Swarasa—2 to 3 drachms.
Powder—15 to 45 grs.

Preparation : Bhringarāja Taila, Bhringarāja Ghrita, etc.

269. **Withania Somnifera : Ashvagandha.**

Parts used : Root, leaves and Kshāra.

Doses : Powder—45 to 90 grs.

Preparation : Ashvagandhārista, Ashvagandhādi chūrna.

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270. **Woodfordia fruticosa : Dhātaki**

Parts used : Flowers.

Doses : 15 to 45 grs.

Preparation : Dhātakyādi chūrna, Dhātakyādi taila.

271. **Zingiberi officanalis : Shunthi**

Parts used : Root stuff.

Doses : Swarasa—2 to 6 drachms.
Powder—10 to 20 grs.

Preparation : Ārdraka khanda, Panchasama chūrna etc.

272. **Zizyphus jujuba : Badara**

Parts used : fruits, bark.

Doses : fruit—5 to 7.
Bark Kvātha—2 to 4 ozs.

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Appendix IV

Glossory of Ayurvedic medicines used in the text (Arishtas and Āsavas).

S. No.	Name of Medicine.	Reference.	Doses.
1.	*Abhayārishta.*	Bhaisajya Ratnavali (Arsha roga)	½ to 1 oz.
	Indication : Piles (Arsha) Constipation, difficient digestive power (Agnimāndya).		
2.	*Ahiphenāsava.*	Bhaisajya Ratnavali (Atisārādhikāra).	5 to 10 minims with water.
	Indication : Diarrhoea, Cholera, Externally—to relieve pain apply over the painful parts with or without any bland oil.		
3.	*Amritārishta.*	Bhaisajya Ratnavali (Jwarādhikāra).	½ to 1 oz.
	Indication : All types of fever and liver troubles.		
4.	*Arjunārishta.*	Bhaisajya Ratnavali (Hridrogādhikāra).	½ to 1 oz.
	Indication : Heart diseases, general tonic, tones up the muscles of the heart.		
5.	*Ashokārishta.*	Bhaisajya Ratnāvali (Strirogādhikāra).	½ to 1oz.
	Indication : Menorrhagia, excess of menstrual discharge, polyuria in women, dysmenorrhoa and other uterine trouble.		
6.	*Ashvagandhārishta.*	Bhaisajya Ratnavali (Moorchhādhikāra).	½ to 1 oz.
	Indication : Insomnia, nervous debility, fainting fits, epilepsy and other mental diseases, general tonic.		
7.	*Babulārishta.*	Shārngadhara Samhitā (Madhyama Khanda).	½ to 1 oz.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Diarrhoea, skin diseases, asthma or breathing trouble, cough and emaciation.		
8.	*Balārishta* .	Bhaisajya Ratnāvali, (Āmavātādhikāra).	½ to 1 oz.
	Indication : Rheumatic trouble, arthritis, nervous pain, nervine tonic.		
9.	*Chandanāsava*.	Bhaisajya Ratnāvali (Shukramehādhikāra).	1 to 3 drachms.
	Indication : Painful micturation, gonorrhoea, spermetorrhoea, urethritis. It cools the system and cures burning sensation.		
10.	*Chavikāsava*.	Gadanigraha.	½ to 1 oz.
	Indication : Gas formation in abdomen, colic, urinary troubles, piles, cold; abdominal gaseous tumour etc.		
11.	*Dasamulārishta*.	Bhaisajya Ratnāvali (Rasāyanādhikāra)	½ to 1 oz. ordinary 2 to 4 drachms with Kastūri.
	Indication : Cough, asthma, breathing trouble, anemia, difficient digestive power, etc. It is a good general tonic.		
12.	*Drākshārishta*.	Shārngadhara Samhitā (Madhya Khanda)	½ to 1 oz.
	Indication : Cough, Asthma, breathing trouble, weakness, debility, constipation; a good general tonic and useful in consumption.		
13.	*Drākshāsava*.	Yogaratnākara.	½ to 1 oz.
	Indication : Intestinal disorders, sprue syndrome, cough, consumption, piles, gas formation in abdomen, flatulence, chronic fever and anemia etc. It is a very good general tonic.		

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S. No.	Name of Medicine.	Reference.	Doses.
14.	*Devadārvyādyarishta.*	Shārngadhara samhitā.	½ to 1 oz.
	Indication : All kinds of urinary disorders, Gynaec troubles, puerperal fever, piles, skin diseases and uterine troubles.		
15.	*Elādyarishta.*	Bhaisajya Ratnāvalī (Masoorikādhikāra)	2 to 4 drachms.
	Indication : Small pox, measles, erysipelas, urticaria and other erruptive fevers.		
16.	*Jeerakādyarishta.*	Bhaisajya Ratnāvalī. (Sutikā rogādhikār).	½ to 1 oz.
	Indication : Puerperal fever, menstrual disorders. It is very efficacious for troubles after delivery.		
17.	*Kanakāsava.*	Bhaisajya Ratnāvali (Hikkā-swāsādhikāra).	½ to 1 oz.
	Indicatiom : Asthma, hiccough; a good expectorant and antispasmodic.		
18.	*Karpoorāsava.*	Bhaisajya Ratnāvali (Agni-māndyādhikāra).	10 to 15 minims with water.
	Indication : Abdominal dinsases, diarrhoea, cholera and Kapha Vikaras.		
19.	*Khadirārishta.*	Bhaisajya Ratnavali (Kusthādhikār).	½ to 1 oz.
	Indication : Skin diseases, anemia, enlargement of spleen and intestinal worms, leprosy, etc.		
20.	*Kutajārishta.*	Bhaisajya Ratnāvali (Atisārādhikāra).	½ to 1 oz.
	Indication : Diarrhoea, dysentry, sprue syndrome, piles etc. It is a specific remedy for aemobiasis and chronic intestinal worms.		
21.	*Kumāryāsava.*	Yogaratnākara (Gulmādhikāra).	½ to 1 oz.
	Indication : Abdominal diseases, piles, dysme-		

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S. No.	Name of Medicine.	Reference.	Doses.
		norrhoea, gulma, pain in abdomen, liver trouble, chronic constipation, deficient digestive power etc.	
22.	*Lauhāsava.*	Shārngadhara Samhita (Madhyama khanda).	½ to 1 oz.
	Indication : Anemia, chronic fever, spleen and liver disorders.		
23.	*Lodhrāsava.*	Charaka Samhita (Pramehādhikāra).	½ to 1 oz.
	Indication : Urinary diseases, anemia, piles, menorrhasia, haemoptysis, etc.		
24.	*Mustakādyarishta.*	Sahasrayoga.	½ to 1 oz.
	Indication : Diarrhoea, dysentry, sprue syndrome, intestinal worms etc.		
25.	*Patrāngāsava.*	Bhaisajya ratnāvali (Pradarādhikāra).	½ to 1 oz.
	Indication : Menorrhagia, excessive menstrual discharge, leucorrhoea, anemia, oedema, deficient digestive power and anorexia etc.		
26.	*Punarnavāsava.*	Bhaisajya Ratnāvali (Shothādhikāra).	½ to 1 oz.
	Indication : Oedema, anemia, abdominal diseases; a good diuretic.		
27.	*Pippalyāsava.*	Shārngadhara Samhitā.	2 to 4 drachms.
	Indication : Sprue syndrome, chronic diarrhoea, piles, Gulma, anemia and wasting diseases.		
28.	*Rohitakārishta.*	Bhaisajya Ratnāvali (Pleeha-yakrida-dhikāra).	½ to 1 oz.
	Indication : Spleen and liver disorders, Gulma, abdominal diseases, piles, jaundice, oedema etc.		

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S. No.	Name of Medicine.	Reference.	Doses.
29.	*Sāraswatārishta.*	Bhaisajya Ratnāvali (Rasāyanādhikāra).	½ to 1 oz.
	Indication : Fits, epilepsy, mental disorders, insomnia. It is a best mental tonic, used in loss of memory, etc.		
30.	*Sārivādyarishta.*	Bhaisajya Ratnāvali (Pramehādikāra)	½ to 1 oz.
	Indication : Urinary troubles, skin diseases, a very good alterative and blood purifier.		
31.	*Ushirāsava.*	Bhaisajya Ratnāvali (Raktapittādhikāra)	½ to 1 oz.
	Indication : Internal haemorrhage, Raktapitta, Dāha-burning sensation.		
32.	*Vasārishta.*	Gadanigraha.	½ to 1 oz.
	Indication : Cough, breathing trouble, shwasa, internal haemorrhages (Raktapitta).		
32A.	*Vidangārishta.*	Bhaisajya Ratnāvali Indicated in intestinal worms and rasāyana.	½ to 1 oz.

BHASMA, PISTI etc.

33.	*Abhra bhasma.*	Rasendrasāra Samgraha.	½ to 3 grs.
	Indication : Anemia, nervous debility, weakness, cough, asthma, breathing trouble, urinary diseases etc. It is a rasāyana—improves the condition of body elements.		
34.	*Akeeka bhasma.*	Rasatantra sāra (Bhasma prakarana)	2 to 3 grs.
	Indication : Heart diseases, respiratory diseases, haemoptysis, cough, consumption, Internal haemorrhages—Raktapitta, Raktapradara etc. It is cooling to brain.		

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S. No.	Name of Medicine.	Reference.	Doses.
35.	*Godanti bhasma.*	Rasatantrasāra.	5 to 15 grs.
	Indication : Pittarogas, fever, headache, maleria, leucorrhoea, internal haemorrhages, burning sensation etc.		
36.	*Gudūchi Satva.*	Bhāvaprakāsha.	5 to 10 grs.
	Indication : Chronic fever, Raktapitta, Dāha (burning sensation), Amlapitta (Acidity), urinary diseases, etc.		
37.	*Hazaral Zahuda Bhasma or Sanga Zahud Bhasma.*	Rasatantra Sāra.	3 to 7 grs.
	Indication : Stone in kidney or urinary tract, retention of urine, calculus etc.		
38.	*Jahara mohara pisti, Jahara mohara bhasma.*	Rasatantra sāra.	2 to 7 grs.
	Indication : It is cooling and heart tonic, green and yellow motions in children, diarrhoea and vomiting due to Pitta vikaras and indigestion.		
39.	*Kajjali.*	Rasendra sāra Samgraha.	2 to 4 grs.
	Indication. Antra-vidradhi (Intestinal abscess), generally used in combination of other drugs in many ailments.		
40.	*Kaseesa bhasma.*	Rasapradipikā.	2 to 5 grs.
	Indication : Anemia, jaundice, spleen and lever diseases, anorexia, dysentry, Raktapitta, Shitapitta (Urticaria).		
41.	*Kursa Kaharava or Trina kānta mani bhasma or Pisti.*	Rasatantra sāra.	3 to 10 grs.
	Indication : Pitta Vikāras, dysentry, Rakta pitta, Raktapradara, internal haemorrhages, piles, and other intestinal diseases.		
42.	*Kaparda bhasma or Varātikā bhasma.*	Rasatantra sāra	2 to 4 grs.
	Indication : Cough, breathing trouble, abdomi-		

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S. No.	Name of Medicine.	Reference.	Doses.
		nal pain, Gulma and other abdominal diseases (Udararogas).	
43.	*Loha bhasma.*	Rasendra Sāra Sangraha.	1 to 3 grs.
	Indication : Anaemia, Jaundice, sprue syndrome, Grahani, Atisāra (diarrhoea) and weakness etc.		
44.	*Mandoora Bhasma.*	Siddha yoga Samgraha.	2 to 4 grs.
	Indication : Anemia, jaundice, Udararogas (abdominal diseases), liver diseases and abdominal pain etc.		
45.	*Mauktika or Muktā Pisti.*	Siddhayoga samgraha.	1 to 2 grs.
	Indication : Wasting diseases, cough, breathing trouble, Amlapitta (Acidity) Dāha (burning sensation) and other Pitta vikāras.		
46.	*Muktā sukti bhasma or Pisti.*	Rasatantra Sāra.	2 to 5 grs.
	Indication : Cough, breathing trouble, Udararogas, chronic fever, abdominal pain (shoola) and Pitta vikāras.		
47.	*Mayūra puchha bhasma.*	Bhaisajya Ratnāvali (Hikkā-swasa-dhikara).	2 to 4 grs.
	Indication : Hiccough, asthma, and vomitting.		
48.	*Malla Bhasma.*	Rasatantra sāra.	$\frac{1}{16}$ to $\frac{1}{8}$ gr. with butter or milk.
	Indication : Cough, asthma, maleria, leprory, paralysis, and impotency, filaria etc.		
49.	*Piroja bhasma.*	Rasatantra sāra.	1 to 3 grs.
	Indication : Small pox, measles, boils, chicken pox and other erruptive fever		
50.	*Pravāla bhasma or Pisti.*	Rasatantra Sāra.	2 to 3 grs.
	Indication : Kāsa, Shwāsa (Cough and breathing trouble), Raktapitta (internal haemorrhages) and weakness.		
51.	*Rajawarta bhasma or Lāja warta bhasma.*	Rasaratna Sammuchchaya.	2 to 4 grs.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Cough, wasting diseases. It is rasāyana.		
52.	*Shankha bhasma.*	Rasatantra sāra.	2 to 3 grs.
	Indication : Shoola, (Abdominal pain), spleen and liver diseases, indigestion etc.		
53.	*Shringa bhasma.*	Rasatantra sāra.	2 to 5 grs.
	Indication : Cardiac pain, cough, painful micturation, vastishoola and Somaroga etc.		
54.	*Tāmra bhasma.*	Rasaratna Sammuchchaya.	2 to 2 grs.
	Indication : Anaemia, jaundice, udararoga, shoola, gulma, kustha (Skin diseases) etc.		
55.	*Trivanga.*	Rasatantra Sāra.	2 to 4 grs.
	Indication : Urinary diseases (Prameha), leucorrhoea, impotency, diabeties meletus; it is a very good tonic and restorative.		
56.	*Vanga bhasma.*	Rasendra sāra sangrah	2 to 4 grs.
	Indication : Painful micturation and other urinary diseases, Prameha, Pūyameha (Gonorrhoea) Svapnadosha etc.		

CHURNA/KSHARA, LAVANA etc.

57.	*Agnimukha churna.*	Yogaratnakara.	15 to 30 grs.
	Indication : Agnimandya (deficient digestive power), Indigestion, (Ajeerna) and Āmadosha etc.		
58.	*Ajamodādi churna.*	Shārngadhara Samhitā.	20 to 45 grs.
	Indication : Sandhivāta (Rheumatic condition and arthritis), sciatica, indigestion and other abdominal troubles.		
59.	*Āmlakyādi churna.*	Shārngadhara samhitā.	20 to 40 grs.
	Indication : Agnimāndya, Atisāra, Ajeerna (deficient digestive power, indigestion and diarrhoea), Aruchi (Anorexia) and fever.		

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S. No.	Name of Medicine.	Reference.	Doses.
60.	*Arka Lavana.*	Bhaisajya Ratnāvali (Pleeha rogādhikāra).	5 to 10 grs.
	Indication : Enlargement of spleen and lever and other abdominal troubles.		
61.	*Apāmārga Kshāra.*	Siddhayoga Sangraha.	2 to 5 grs.
	Indication : Cough, throat troubles and other vikāras.		
62.	*Ashvagandhādi churna.*	Andhra Hospital Pharmacopoea.	20 to 40 grs.
	Indication : Spermatorrhoea, weakness and generally debility. It is a very good tonic.		
63.	*Astānga lavana.*	Chakradutta.	20 to 40 grs.
	Indication : Anorexia, Alcohalism, deficient digestive power etc.		
64.	*Ativishādi churna.*	Andhra Hospital pharmacopoea.	20 to 40 grs.
	Indication : Agnimāndya, Ajeerna, Krimi (intestinal worm) fever, diarrhoea etc.		
65.	*Avipattikara churna.*	Bhaisajya Ratnāvali (Amlapittādhikāra)	30 to 90 grs.
	Indication : Amlapitta (Acidity) constipation, flatulence, dyspepsia, etc.		
66.	*Bāla Chāturbhadra churna.*	Bhaisajya ratnāvali (Bālaroga).	4 to 8 grs.
	Indication : Fever, cough, diarrhoea and vomiting in children.		
67.	*Bhāskara Lavana.*	Shārngadhara Samhitā.	10 to 30 grs.
	Indication : Deficient digestive power, Indigestion, pain in abdomen etc.		
68.	*Brihannāyikā churna.*	Bhaisajya Ratnāvali (grahani).	20 to 40 grs.
	Indication : Grahani rogas, sprue syndrome, Mandāgni, Āmavata and other Intestinal diseases.		

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S. No.	Name of Medicine.	Reference.	Doses.
69.	*Chavyādi churna.*	Bhaisajya Ratnāvali.	20 to 30 grs.
	Indication : Aphonia, cold, coryza and rhinitis.		
70.	*Chinchā kshāra.*		5 to 10 grs.
	Indication : Abdominal pain and other troubles.		
71.	*Chopa-chinyādi-churna.*	(Baidyanath preparation).	20 to 30 grs.
	Indication : Skin diseases, fistula, scrofula etc. secondary syphlitic troubles.		
72.	*Chatuhshama churna.*	Baisajya Ratnāvali (Shoolā-dhikāra).	20 to 40 grs.
	Indication : Abdominal pain and deficient digestion.		
73.	*Dādimāstaka churna.*	Astānga Hridaya.	10 to 30 grs.
	Indication : Atisāra, grahani (diarrhoea and other intestinal trouble) dysentry etc.		
74.	*Dantadoshahara manjana.*	Rasatantra sāra.	
	Indication : Toothache, shaky tooth, gingivitis, pyorrhoea and bleeding gums etc. It is to be applied as a tooth powder.		
75.	*Danta-prabhākara manjana.*	Rasatantrasāra.	
	Indication : Toothache, bleeding, gums, gingivitis and shaky tooth. It is to be applied as tooth powder.		
76.	*Danta-rogāshani churna.*	Bhaisajya Ratnāvali.	
	Indication : Toothache, Krimidanta, foul smell, spongy gum and other diseases of the tooth and gum. It is very good tooth powder.		
77.	*Dashana Samskāra churna.*	Bhaisajya Ratnāvali.	
	Indication : A very effective tooth powder indicated in all types of diseases of tooth, and gum. It is rubbed over the tooth and gum with fingure or soft tooth brush.		
78.	*Danta vesthāri.*	Baidyanath Ayurveda Bhawan preparation.	

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : It is a very efficacious drug indicated in spongy gum and bleeding gum; formation of pus and pyorrhoea.		
79.	*Dhātupaustika churna.*	Baidyanath Ayurveda Bhawan preparation.	30 to 90 grs. with milk.
	Indication : In premature senility. It restores verility and makes a man strong and stout.		
80.	*Drākshādi churna.*	Siddhayoga-Samgraha.	15 to 45 grs.
	Indication : Amlapitta (Acidity) burning sensation and sour eructation, Atisāra (diarrhoea) due to Pitta, anorexia, nausea and vomitting etc.		
81.	*Elādi churna.*	Shārngadhara-Samhitā.	10 to 15 grs.
	Indication : Gulma, Ajeerna, Aruchi, Chhardi and other abdominal trouble.		
82.	*Godanti misrana.*	Siddhayoga Sangraha.	10 to 15 grs.
	Indication : Fever, burning sensation and pitta vikaras. It brings down the temperature without any complication.		
83.	*Gangādhara churna.*	Shārngadharā Samhitā.	10 to 30 grs.
	Indication : Diarrhoea, dysentry and sprue syndrome (Grahani Vikāras).		
84.	*Gokshurādi churna.*	Bhaisjya Ratnāvali.	20 to 40 grs.
	Indication : Urinary trouble like scanty urine, stranguary, painful micturation, calculus and stone formation in urinary tract.		
85.	*Godanti Sharkarā.*	Sidhayoga Sangrah.	10 to 30 grs.
	Indication : Headache and burning sensation in the body.		
86.	*Hingvastaka churna.*	Bhaisajya Ratnāvali.	20 to 30 grs.
	Indication : Indigestion, flatulence, tympanitis, gas formation in abdomen, Gulma,		

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S. No.	Name of Medicine.	Reference.	Doses.
		pain in abdomen and Agnimāndya.	
87.	*Hingvādi churna.*	Astānga Hridaya.	15 to 20 grs.
	Indication : Gulma, Arsa, constipation, pain in abdomen, wind formation and other diseases due to Vāta (Apāna vāyu) in abdomen.		
88.	*Hridya churna.*	Sidhayoga Samgraha.	2 to 3 grs.
	Indication : Cardiac weakness. It tones the cardiac muscles and cures palpitation.		
89.	*Jātiphalādi churna.*	Shārngadhara Samhitā.	10 to 30 grs. with honey.
	Indication : Dysentry, sprue syndrome, Anorexia, Pravāhikā, grahani and Arochaka etc.		
90.	*Kantakāri kshāra.*		2 to 5 grs. with honey.
	Indication : Cough, dyspnoea and respiratory troubles. It is expectorant.		
91.	*Kālaka churna.*	Charaka Samhitā.	
	Indication : Throat trouble, tonsilitis, pharyngitis etc., to be applied after macerating in honey.		
92.	*Karpoorādi churna.*	Sahasrayoga.	10 to 30 grs.
	Indication : Cough, hiccough, anorexia and other bronchial troubles.		
93.	*Krimihara churna.*	Bhaisajya Ratnāvali.	30 to 45 grs.
	Indication : Intestinal worms (round worm).		
94.	*Krimishatru churna.*		-do-
	Indication : Intestinal worms, round worms and thread worms.		
95.	*Krimi Kantaka churna.*	Rasatantra sāra.	20 to 30 grs.
	Indication : Intestinal worms, round worms, tape worms and thread worms.		
96.	*Kusthādi churna.*	Bhāva Prakāsha.	15 to 30 grs.
	Indication : Udara-rogas specially in Vātodara.		
97.	*Lavangādi churna.*	Shārngdhara Samhitā.	30 to 60 grs.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : All types of Kaphaja rogas. It is a cooling and shoothing medicine. It is used in cough, breathing trouble and burning of hand and feet.		
98.	*Lākshā churna.*	..	10 to 30 grs.
	Indication : Raktapitta (Haemoptysis), Pravāhikā (dysentry) Rakta pradara etc.		
99.	*Marichādi churna.*	Bhaisajya Ratnāvali (Kāsādhikāra).	15 to 30 grs.
	Indication : Cough, breathing trouble. It is a remedy effective in very serious types of cough.		
100.	*Mahā Sudarshana churna.*	Shārngadhara Samhitā.	10 to 15 grs.
	Indication : Vishama-Jwara and all types of chronic fevers.		
101.	*Madhu yastyādi churna.*	Bhaisajya Ratnāvali	15 to 30 grs.
	Indication : Constipation. It is a mild laxative powder for weak and old patient.		
102.	*Madhukādi churna.*	Bhaisajya Ratnāvali.	15 to 30 grs.
	Indication : Pittā-tisāra (Diarrhoea due to Pitta).		
103.	*Mustādi Yoga.*	Siddhayoga Samgraha	7 to 15 grs.
	Indication : Intestinal worms, round worms, thread worms and tape worms.		
104.	*Medohara churna.*	Bhaisajya Ratnāvali.	15 to 45 grs.
	Indication : Obesity (Sthaulya roga) to reduce excess of fat in the body.		
105.	*Navāyasa churna.*	Charaka Samhitā	3 to 7 grs.
	Indication : Anáemia (Pāndu roga) and chronic fever (Vishamajwara).		
106.	*Nārikela Lavana or Khanda.*	Bhaisajya Ratnāvali.	15 to 30 grs.
	Indication : Gulma, shoola, (gas formation in abdomen and pain in abdomen)		

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S. No.	Name of Medicine.	Reference.	Doses.
		and other udara rogas (abdominal diseases).	
107.	*Nārayna churna.*	Bhaisajya Ratnāvali.	10 to 40 grs.
	Indication :	All udara rogas, gulma, malabandha, gas formation and flatulence, Bhagandara (fistula) piles, etc.	
108.	*Nyagrodhādi churna.*	Bhaisajya Ratnāvali.	10 to 25 grs.
	Indication :	All kinds of Pramehas (Urinary diseases), painful micturation and diabetes mellitus.	
109.	*Nāga-kesharādi churna.*	Siddhayoga Sangraha	15 to 30 grs.
	Indication :	Piles and blood dysentry or bacillary dysentry.	
110.	*Narsingha churna.*	Chakradutta.	1 to 3 drachms.
	Indication :	Anaemia, jaundice, cough, liver and spleen diseases, piles and urinary trouble. It is a good tonic.	
111.	*Panchakola churna.*	Bhāva-prakāsha.	15 to 45 grs.
	Indication :	It is a very good carminative and appetiser. It is dīpana and pāchana.	
112.	*Panchasama churna.*	Shārngadhara Samhitā.	1 to 2 drachms.
	Indication :	Pain in abdomen (shoola), arthritis, rheumatic trouble, constipation and flatulence. It is a very good laxative.	
113.	*Panchasakāra chūrna.*	Siddha Aushadhi manimālā.	45 to 90 grs.
	Indication :	Constipation, Āmavriddhi, headache, indigestion, flatulence, pain in abdomen and Agnimāndya. It is very good laxative.	
114.	*Pāthādi churna.*	Chakradutta.	30 to 90 grs.
	Indication :	Diarrhoea, grahani, pain in abdomen, sensation in abdomen, and other abdominal trouble.	

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S. No.	Name of Medicine.	Reference.	Doses.
115.	*Pancha nimba churna.*	Rasatantra sāra.	1to 3 drachms.
	Indication : Skin diseases. It is very good alterative and blood purifier. It improves the proper functioning of liver.		
116.	*Peetaka churna.*	Charaka samhitā.	
	Indication : Throat troubles like tonsilitis, pharyngitis, stomatitis, etc. To use as a gargle and to apply after macerating in honey.		
117.	*Pradarāntaka churna.*	Andhra Hospital Pharmacopoea.	10 to 20 grs.
	Indication : Pradara (menorrhagia) excess bleeding per vagina.		
118.	*Pushyānuga churna.*	Bhaisajya Ratnāvali.	15 to 30 grs.
	Indication : Leucorrhoea, polyuria (Soma roga), and menorrhagia.		
119.	*Pradara nāshana churna.*	Baidyanath Ayurveda Bhawan preparation.	15 to 45 grs.
	Indication : Excess bleeding per vagina and other gynaec troubles.		
120.	*Pathyādi churna.*	Sahasra yoga.	20 to 40 grs.
	Indication : Non-bleeding piles, constipation, flatulence etc.		
121.	*Rasādi churna.*	Bhaisajya Ratnavali.	3 to 10 grs.
	Indication : Excessive thirst, diabetes mellitus, and other pitta vikaras. It cures vomiting.		
122.	*Rasāyana churna.*		15 to 30 grs.
	Indication : General weakness. It is very good restorative and invigorative.		
123.	*Sarjika kshāra.*	Siddha yoga Samgraha.	10 to 15 grs.
	Indication : Flatulence and indigestion. It is very good carminative.		

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S. No.	Name of Medicine.	Reference.	Doses.
124.	*Shringyādi churna.*	Rasatantra Sāra.	2 to 6 grs.
	Indication : Kāsa shwāsa, (Cough and dysphonia), hiccough, atisāra and vāta-kapha diseases. It is very good remedy for dry cough.		
125.	*Sitopalādi churna.*	Siddhayoga Samgraha.	20 to 40 grs.
	Indication : Chronic fever, cough, kshaya (consumption), dāha and other lungs trouble.		
126.	*Sukha Virechna churna.*	Baidyanath Āyurveda Bhawan Preparation.	15 to 30 grs.
	Indication : Constipation, flatulence and moves the bowels without any kind of complication.		
127.	*Samudrādi churna.*	Bhaisajya Ratnāvali.	15 to 30 grs.
	Indication : Shoola roga (pain in abdomen), hepatic pain, renal pain etc.		
128.	*Swādishta Virechana churna.*	Sidha-prayoga Samgraha.	10 to 20 grs.
	Indication : Constipation, flatulence, Arsha (piles) and skin diseases.		
129.	*Shatapatryādi churna.*	Siddhayoga Samgrah.	20 to 45 grs.
	Indication : Indigestion, acidity, amlapitta, jaundice and other udara vikaras.		
130.	*Samasharkara churna.*	Bhaisajya Ratnāvali. (Arshodhiker)	15 to 30 grs.
	Indication : Piles, indigestion, agnimāndya, etc.		
131.	*Shivā-kshāra Pāchana.*	Rasatantra Sāra.	20 to 40 grs.
	Indication : Indigestion, dyspepsia, flatulence, agnimandhya and pain in abdomen.		
132.	*Sāraswata churna.*	Bhaisajya Ratnāvali.	15 to 30 grs.
	Indication : Loss of memory and other mental diseases, aphonia etc.		
133.	*Tālisādi churna.*	Shārngadhara Samhitā.	10 to 30 grs.
	Indication : Kāsa, shwāsa (cough and other res-		

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S. No.	Name of Medicine.	Reference.	Doses.
	piratory troubles) anorexia and cold.		
134.	*Triphalā churna.*		10 to 30 grs.
	Indication : Constipation. It is a laxative drug. It is also used for mouth and eye wash.		
135.	*Trikatu churna.*		5 to 10 grs.
	Indication : Indigestion, agnimāndya, as an anupana with other medicine.		
136.	*Trivrit churna.*		30 to 60 grs.
	Indication : Mild purgative, used in constipation.		
137.	*Tikshna virechana churna.*	Baidyanath Āyurved Bhawan Preparation.	10 to 15 grs.
	Indication : It is a strong purgative used to remove chronic and obstinate constipation.		
138.	*Ushirādi churna.*	Bhaisajya Ratnāvali.	20 to 40 grs.
	Indication : Raktapitta (blood vomiting), Daha (burning sensation) and other Pitta rogas.		
139.	*Vadavānala churna.*	Bhaisajya Ratnāvali (Agnimāndya)	15 to 30 grs.
	Indication : Agnimāndya (deficient digestive power), indigestion and dyspepsia.		
140.	*Vaiswānara churna.*	Astānga Hridaya.	1 to 2 drachms.
	Indication : Shoola, gulma, agnimāndya and Āmadoshas (Rheumatic troubles).		
141.	*Vilvādi churna.*	Baidyanath Āyurveda Bhawan Preparation.	15 to 30 grs.
	Indication : Sprue, dysentry and various types of diarrhoea.		
142.	*Vilva Panchaka churna.*		15 to 30 grs.
	Indication : Diarrhoea, dysentery and sprue syndrome.		
143.	*Vidārikādi churna or Vidāryadi churna.*	Siddha-yoga samgraha.	30 to 60 grs.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : It is very good tonic and aphrodisiac.		
144.	*Yamānyādi churna.*	Sahasrayoga.	10 to 30 grs.
	Indication : It is Hridya, grahi and good in grahani rogas. It is carminative and appetiser.		

KVĀTHA, RASAKRIYĀ, GHANA SATVA etc.

145.	*Amritādi Kvātha.*	Rasatantra Sāra.	1 to 2 ozs.
	Indication : Fever, pittajwara and dāha, vomiting and thirst.		
146.	*Ananta Sālasā.*	Baidyanath Āyurveda Bhawan Preparation.	1 to 3 drachms in water.
	Indication : It is a very good blood purifier. It is used in all types of skin diseases.		
147.	*Anga-marda-prashamak Kvātha.*	Charaka Samhita.	1 to 2 ozs.
	Indication : All types of bodyache.		
148.	*Asmarihara Kvātha.*	Siddha Yoga Samgraha	1 to 2 ozs.
	Indication : Calculus and stone in urinary tract. It breaks the stone and expel them out from the urinary tract.		
149.	*Bhārangyādi Kvātha.*	Sahasra yoga.	1 to 2 ozs.
	Indication : Vata-kaphajwara. Influenza and other fevers accompanied with cough.		
150.	*Bhunimbādi Kvātha.*	Bhasajya Ratnāvali.	1 to 2 ozs.
	Indication : Cough, anorexia, delerium of Sannipāta jwara.		
151.	*Brihatyādi Kvātha.*	Bhasajya Ratnāvali.	1 to 2 ozs.
	Indication : Kapholvana sannipātajwara. It cures cough, breathing trouble, etc. manifested in sannipāta jwara.		
152.	*Brihat Panchmula Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Vatajwara. It cures tremor of the head and joints pain in fever.		
153.	*Brihat Manjisthādi Kvātha.*	Sharangadhara Samhitā.	1 to 2 ozs.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Vātarakta, upadansa, skin diseases, syphlitic eruptions, etc. It is a very good blood purifier and alterative.		
154.	*Chāturbhadra Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Vāta-pittolvana jwara.		
155.	*Dashamula Kvātha.*	Sahasra yoga.	1 to 2 ozs.
	Indication : Vāta and Kapha Rogas. It is very efficacious after delivery.		
156.	*Dashamoolādi Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Complication of Vatajwara and Kapha jwara.		
157.	*Dāru Haridrādi Kashāya or Dārvyādi Kvātha.*	Sharangadharā Samhitā.	1 to 2 ozs.
	Indication : Leucorrhoea, excess bleeding per vaginum, yellowish white discharge from vagina.		
158.	*Devadārvyādi Kvātha.*	Shārngadhara Samhitā.	1 to 2 ozs.
	Indication : Puerperal diseases (Prasuti rogas), shoola (pain), Kāsa (cough) and fever.		
159.	*Durālabhādi Kvātha.*	Vangasena.	1 to 2 ozs.
	Indication : Pittaja and Kapha-pittaja masurikā. It cures burning sensation of small-pox, mealses and chicken pox.		
160.	*Guduchyādi Kvātha.*	Rasatantra sāra.	1 to 2 ozs.
	Indication : All types of fever. It cures Dāha, (burning sensation), thirst, vomiting and anorexia.		
161.	*Gokshurādi phānta.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Painful micturation, stranguary, calculus and stone in urinary tract.		
162.	*Gularina or Udumbara Sāra.*	Baidyanath Āyurved Bhawan	Preparation used as a gargle.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Tonsilitis. It relieves swelling, irritation and Pain cures resulting therefrom. It is antiseptic.		
163.	*Kirātādi Kvātha.*	Bhaisajya ratnāvali.	1 to 2 ozs.
	Indication : Fever, vatapittajwara and sannipāta jwara.		
164.	*Kirāta Kalpa.*		2 to 4 ozs.
	Indication : Fever, it is given as a drink; repeatedly.		
165.	*Kataphalādi Kvātha.*	Rasatantra Sāra.	1 to 2 ozs.
	Indication : Sannipāta jwara and in throat troubles. It cures cough, hiccough and other complication of Kapholvana sannipāta.		
166.	*Kusthādi Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Fever-specially in Kaphajwara (Influenza).		
167.	*Marichādi Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Fever, specially in kāpha jwara.		
168.	*Mahāmanjisthādi Kvātha.*	Sharāngdhara Samhita.	1 to 2 ozs.
	Indication : Kustha, Vātarakta (Skin diseases), a very good blood purifier.		
169.	*Mahā shishira pānaka.*	Āyurveda Vijnana.	2 to 4 ozs.
	Indication : Sunstroke fever. It gives immediate relief and cures thirst and burning sensation of the body.		
170.	*Mutral Kashāya.*	Siddhayoga Samgrah.	2 to 4 ozs.
	Indication : Painful micturation, scanty urine and stranguary.		
171.	*Nāgarādi Kvātha.*	Astanga Hridaya.	1 to 2 ozs.
	Indication : Vāta-kapha jwara (Influenza), Cough and breathing trouble.		
172.	*Patolādi Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Fever, pittajwara, scabies and other skin diseases.		

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S. No.	Name of Medicine.	Reference.	Doses.
173.	*Pippalyādi Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Vāta-kaphajwara (Influenza).		
174.	*Parūshakādi Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Pittajwara and pittolavan sannipāta-jwara.		
175.	*Parpatādi Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Pittajwara (Fever).		
176.	*Punarnavādi Kvātha.*	Shārangadhara Samhitā.	1 to 2 ozs.
	Indication : Shotha roga (Odema), udara rogas and liver diseases.		
177.	*Punarnavāstaka Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Anaemia, oedema (Shotha), udara-roga, kāsa, shwāsa, shoola etc.		
178.	*Phalatrikādi Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Pāndu roga (anemia) and kāmalā (Jaundice).		
179.	*Pāthādi Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Diarrhoea, dysentry and other intestinal diseases.		
180.	*Rāsnādi Kvātha.*	Sahasra Yoga.	1 to 2 ozs.
	Indication : Āmavāta and sandhi vāta (Rheumatism and arthritis).		
181.	*Rakta Shodhaka Sharbata.*		2 to 4 drachms. with water.
	Indication : Skin diseases. It is a very good blood purifier.		
182.	*Rāsnā Saptaka Kvātha.*	Shārangadhara.	1 to 2 ozs.
	Indication : Rheumatic condition (Āmavāta) and artheritis (Sandhivāta).		
183.	*Saptachhadādi Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Kaphajwara and maleria.		
184.	*Shadanga Pāniya.*	Astānga Hridaya.	2 to 4 ozs.
	Indication : Fever, thirst and dāha (burning sensation). It gives immediate relief.		

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S. No.	Name of Medicine.	Reference.	Doses.
185.	*Surasādi phānta.*		1 to 2 ozs.
	Indication : It is a very efficacious infusion to be taken at the time of out-break of Influenza. It cures cold and coryza.		
186.	*Sārivādi Hima.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Kaphā pitta jwara and all types of skin diseases.		
187.	*Singhāsyādi Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Sciatica pain (Gridhrasi) and other neuritis or nervous pain.		
188.	*Sutikā Dashamoola.*		1 to 2 ozs.
	Indication : It is renowned medicine for Sutikā roga (Puerperal diseases).		
189.	*Trikantakādi Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Painful micturation and scanty urine etc.		
190.	*Trina-pancha-mula Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : It is a very good diuretic and urinary antiseptic.		
191.	*Upadansahara Kvātha.*	Rasatantra Sāra.	1 to 2 ozs.
	Indication : Upadansa, syphlis and other genital diseases, gonorrhoea etc.		
192.	*Ushna-vāta-ghna Kashāya.*	Rasatantra Sāra.	1 to 2 ozs.
	Indication : Painful micturation, stranguary and gonorrhoea.		
193.	*Ushirādi Kvātha.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
	Indication : Raktapitta, Dāha, Aruchi, Atisāra, Raktātisāra etc.		
194.	*Vilvādi Kvātha.*	Rasatantra Sāra.	1 to 2 ozs.
	Indication : Diarrhoea, dysentry and other troubles of loose motions.		
195.	*Vatsakādi Kvātha.*	Sushruta Samhitā.	1 to 2 ozs.
	Indication : Atisāra and Pravāhikā (Diarrhoea and Dysentry).		
196.	*Yogarāja Kvātha.*	Bhaisajya ratnāvali.	1 to 2 ozs.

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S. No. Name of Medicine.	Reference.	Doses.
Indication : Sannipāta Jwara (remitant types of fever).		

ARKAS AND DRĀVAKAS

197. *Ajamodārka.*		½ to 1 oz.
Indication : Atisāra, Ajeerna, Grahani etc.		
198. *Chandanārk.*		½ to 2 ozs.
Indication : Painful micturation and Pitta Vikāras.		
199. *Dāha prashamanārk.*	Charak Samhitā.	1 to 2 ozs.
Indication : Dāha, burning sensation of the body.		
200. *Dashamulārka.*	Bhaisajya Ratnāvali.	1 to 2 ozs.
Indication : Puerperal diseases, Vāta and Kapha Vikāras.		
201. *Karpoorārka or Arka Karpoora.*		5 to 15 minims in water or sugar.
Indication : Diarrhoea, vomiting, indigestion etc.		
202. *Lavanāmla Drava.*		10 to 30 minims in water.
Indication : Pain in abdomen due to hypohydrochlorea.		
203. *Shatapuspārka.*		1 to 2 ozs.
Indication : It is a very good carminative and appetiser, indicated in Agnimāndya.		

VATI, GUTIKĀ, MODAKA AND PĀKA etc.

204. *Abhayādi Vati.*	Bhaisajya Ratnāvali (Udara rogādhikār.,	1 to 2 pills.
Indication : All types of Udara rogas (Abdominal diseases), enlargement of spleen and liver, Ascites etc. Anemia and Oedema.		
205. *Abhayā madhu.*		
Indication : For external application as a throat paint. It is efficacious in all kinds of throat congestion and tonsilitis etc.		

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S. No.	Name of Medicine.	Reference.	Doses.
206.	*Agnitundi Vati.*	Bhaisajya Ratnāvali (Agnimāndyādhikāra).	1 to 2 pills (of 2 grs).
	Indication : Agnimāndya, Ajeerna, Atisāra, grahani and gridhrasi etc.		
207.	*Amritā gugulu.*	Bhaisajya ratnāvali (Vāta-rogādhikāra).	1 to 2 pills (of 12 grs).
	Indication : Vātarakta (Gout), Kustha (Skin diseases), Arsha (Piles), Agnimāndya, Dusta vrana, Āmavāta (Rheumatism) etc.		
208.	*Arshogni Vati.*	Siddha yoga Samgraha.	1 to 2 pills (of 6 grs.) thrice daily.
	Indication : Piles (dry and bleeding), Suskārsha and Raktārsha.		
209.	*Asthisamghāti Vati.*		1 to 2 pills.
	Indication : Dislocation and fractures of bones. It is beneficial in all kinds of injuries.		
210.	*Bāla vati.*	Siddha yoga Samgraha.	2 grs. pills 1 to 2 pills.
	Indication : Indigestion in children, cold and diarrhoea of children, cough etc.		
211.	*Bānari Vati.*	Bhaisajya Ratnāvali.	1 to 2 pills of (15 grs.)
	Indication : It is a aphrodesiac drug.		
212.	*Chandra-prabhā Vati.*	Bhaisajya Ratnāvali.	(5 grs. pills) 1 to 2 pills.
	Indication : Prameha (Urinary diseases), painful micturation, retention of urine, calculus and stone formation in urinary tract etc.		
213.	*Chitrakādi Vati.*	Charaka Samhitā.	(5 grs. pills) 1 to 2 pills.
	Indication : Gulma, Agnimāndya, ajeerna (indigestion) etc.		

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S. No.	Name of Medicine.	Reference.	Doses.
214.	*Chandrodaya varti.*	Bhaisajya Ratnāvali. (Netraroga).	To be applied externally.
	Indication : Eye trouble, Timira, Kācha, adhimantha and Naktāndhya etc.		
215.	*Chandraprabhā varti.*	Rasatantra sāra.	(Netra roga) to be applied externally.
	Indication : Eye troubles opacity, trachoma, cunjuctivitis, Timira and Naktāndhya etc.		
216.	*Drākshādi Gutikā.*	Siddhayoga Samgraha.	Tablet of 3 drachms, One Gutikā with tepid water.
	Indication : The burning sensation of throat, gullet and cardiac area of the osophagus, āmlapitta and sour eructation.		
217.	*Dugdha Vati.*	Bhaisajya ratnāvali. (Shothādhikāra).	(2 grs. pills) 1 to 2 pills.
	Indication : Shotha roga (Oedema), grahani, Atisāra, Samgrahani and anemia.		
218.	*Elādi Vati or gutikā.*	Siddhayoga Samgrah.	(20 grs. pills) 1 to 2 pills.
	Indication : Cough, breathing trouble, consumption, hiccough, aphonia etc.		
219.	*Gandhaka vati.*	Rasarāja Sundara.	(5 grs. pills) 1 to 2 pills.
	Indication : Indigestion, dyspepsia, anorexia, pain in abdomen, (shoola) and other intestinal troubles.		
220.	*Hingu -karpoora-vati.*	Siddha yoga Samgraha.	1 pill of 2 grs. to be taken with water or honey.
	Indication : Sannipāta jwara, specially when there is tremor in hand and feet, delerium and mental excitement.		

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S. No.	Name of Medicine.	Reference.	Doses.
221.	*Hingvādi phalavārti.*		
	Indication : It is used as suppositories to move the bowels and clean the colon.		
222.	*Indu vati.*	Bhaisajya Ratnāvali (Karna roga).	5 grs. pills 1 to 2 pills.
	Indication : Ear trouble like tinitus (Karnanāda) etc.		
223.	*Jirakādi modka* .	Siddha yoga Samgrah.	1 drachm pill. 1 to 2 pills.
	Indication : Grahani Vikāra, Aruchi, Āmadosha, Atisāra, Shoola etc.		
224.	*Jātiphalādi vati.*	Rasatantra Sāra.	3 grs. pills. 1 to 2 pills.
	Indication : Atisāra and grahani rogas (Diarrhoea, dysentry and sprue etc).		
225.	*Khadirādi Vati.*	Yogaratnākara.	3 grs. pills. 1 to 2 pills.
	Indication : Mukha, Kantha and Jihvā rogas, stomatitis, throat congestion, cough, tonsilitis etc.		
226.	*Karanjādi vati.*	Rasatantra Sāra.	5 grs. pills 1 to 2 pills.
	Indication : Shitajwara, Vishamajwaras (Malaria etc.).		
227.	*Kshudhā-Kari Vati.*		15 grs. pills 1 to 2 pills.
	Indication : Aruchi, mandāgni, distaste in mouth. It is a very good appetiser.		
228.	*Kānkāyana Vati.*	Bhaisajya Ratnāvali.	5 grs. pills 1 to 2 pills.
	Indication : Gulma roga, shoola (Pain in abdomen) and wind formation in abdomen.		
229.	*Krimighātini Vati.*	Bhaisajya ratnāvali.	5 grs. pills 1 to 2 pills.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Intestinal worms, round worms, thread worms, and tape worms.		
230.	*Kānkāyana Vati.*	Bhaisajya ratnāvali. (Arshodhikāra)	5 grs. pills 1 to 2 pills.
	Indication : Piles, constipation and other abdominal troubles.		
231.	*Kutajaghana vati.*	Siddhayoga samgraha.	6 grs. pill. 1 to 2 pills thrice daily.
	Indication : Atisāra, Pravāhikā, grahani (dysentry, diarrhoea and sprue).		
232.	*Kāmeshwara modaka.*	Bhaisajya Ratnāvall.	15 grs. pills 1 to 2 pills.
	Indication : Grahani roga, impotency, chronic, diarrhoea and sprue.		
233.	*Kānchanāra Guggulu.*	Shārangadhara Samhitā (Madhyam Khanda).	1 to 2 pills. (20 grs. pills)
	Indication : Goitre, scrofula, (galaganda, gandamālā), Bhagandara (Fistula) abscess, Kustha etc.		
234.	*Lashunādi Vati.*	Bhaisajya Ratnāvali.	(5 grs. pill) 1 to 2 pills.
	Indication : Flatulence, indigestion, Atisāra, Vishuchikā and grahani rogas.		
235.	*Lavangādi vati.*	Siddha yoga Samgraha.	5 grs. pills. 1 to 2 pills.
	Indication : Cough, (Kāsa), breathing trouble (shwāsa).		
236.	*Madhurāntaka vati.*	Rasatantra sāra	5 grs. pills. 1 to 2 pills.
	Indication : Typhoid fever (Āntrika Sannipāta Jwara).		
237.	*Mahā yogarāja Guggulu.*	Bhaisajya ratnāvali.	15 grs. pills. 1 to 2 pills.
	Indication : Āmavāta (Rheumatism), Sandhi vāta, (Arthritis) and other nervous diseases.		

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S. No.	Name of Medicine.	Reference.	Doses.
238.	*Mahā Shankha Vati.*	Bhaisajya ratnāvali.	4 grs. pill 1 to 2 pills.
	Indication : Udara shoola (abdominal pain), Gulma, Agnimāndya, Ajeerna etc.		
239.	*Madanānanda Modaka.*	Bhaisajya ratnāvali.	15 grs. 1 to 2 pills
	Indication : Grahani rogas (chronic dysentry and sprue) and impotency.		
240.	*Makaradhvaja Vati.*	Bhaisajya ratnāvali.	2 grs. pill 1 to 2 pills.
	Indication : Impotency and weak sexual power. It is a renowned aphrodisiac medicine (Vāji Karana).		
241.	*Nāgārjuna Varti.*	Bhaisajya Ratnāvali.	2 grs. pill 1 to pills.
	Indication : Heart diseases, atisāra, grahani, pāndu etc.		
242.	*Pittajwarāntaka Vati.*	Rasatantra sāra.	3 grs. pills 1 to 2 pills.
	Indication : Pittajwara and other pittavikāras.		
243.	*Panchatikta-ghrita-guggulu.*	Bhaisajya ratnāvali.	1 to 3 drachms.
	Indication : Skin diseases, Vāta-rakta (gout), Kustha, Rheumatism (Āmavāta).		
244.	*Panchatikta-ghana-vati.*	Siddha yoga Samgraha.	5 grs. pills 1 to 3 pills.
	Indication : Vishamajwara (intermitant or malerial fever).		
245.	*Prānadā gutikā.*	Bhaisajya Ratnāvali.	10 grs. pills 1 to 2 pills.
	Indication : Piles (Arsha), constipation, indigestion etc.		
246.	*Pramehāntaka Vati.*	Rasatantra Sāra.	5 grs. pills 1 to 2 pills.
	Indication : Prameha (Urinary diseases) and diabetis melitus etc.		

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S. No.	Name of Medicine	Reference.	Doses.
247.	*Pravāhikāhara Vati.*		10 grs. pills 1 to 2 pills.
	Indication : Pravāhika, atisāra (Dysentry and diarrhoea).		
248.	*Pippalyādi varti.*	Andhra Hospital pharmacopea	External uses.
	Indication : Opecity (Shukra), arma roga, abhisyandan etc.		
249.	*Rasādi Vati.*	Siddhayoga Samgraha.	7 grs. pills 1 to 2 pills.
	Indication : Dāha (burning sensation), trishā (thirst), Hikkā, Visuchikā and vomiting.		
250.	*Rochaka gutikā.*	Andhra Hospital Pharmacopea.	3 grs. pill. 1 to 2 pills.
	Indication. Constipation, Malabandha, and Āmavriddhi useful for children.		
251.	*Rajah pravartini vati.*	Bhaisajya Ratnāvali.	4 grs. pill 1 to 2 pills.
	Indication : Amenorrhoea and dysmenorrhoea (Ārtava rodha and Kasta raja).		
252.	*Saptaparnaghana satva vati.*	Siddha Yoga Samgraha	5 grs. pills. 1 to 2 pills.
	Indication : Vishamajwara, shitajwara, (Maleria) etc.		
253.	*Samasamini Vati.*	Siddhayoga Samgraha.	5 grs. pill 1 to 2 pills thrice daily.
	Indication : Fever, acute and chronic, prameha, sweta pradara, pāndu roga etc.		
254.	*Sabbira Vati.*	Siddhayoga Samgraha.	2 grs. pills 1 to 2 pills.
	Indication : Syphilis (phiranga roga) and its complications.		
255.	*Saubhāgya Vati.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Puerperal fever (sutikājwara) and other fever due to kapha like influenza etc.		
256.	*Sanjiwani Vati.*	Shārangadhara Samhitā.	2 grs. pills 1 to 3 pills.
	Indication : Ajeerna (indigestion), visuchi (cholera) and gulma.		
257.	*Shankha Vati.*	Yoga ratnākara.	3 grs. pills 1 to 2 pills.
	Indication : Indigestion, pain in abdomen, grahani and other abdominal diseases.		
258.	*Surana Vataka.*	Shārangadhara Samhitā.	45 grs. pills 1 to 2 pills.
	Indication : Piles, (Arsha roga), dry and bleeding.		
259.	*Sukha Virechana Vati.*		10 grs. pills. 1 to 2 pills.
	Indication : Constipation, mala-bandha, flatulence and chronic colitis.		
260.	*Shoola Vajrini Vati.*	Rasatantra Sāra.	3 grs. pills 1 to 2 pills.
	Indication : Shoola, (pain in abdomen), gulma, yakridvriddhi, anemia, jaundice. etc.		
261.	*Shilājatvādi Vati.*	Siddhayoga Samgraha.	5 grs. pills 1 to 2 pills.
	Indication : Urinary troubles, alimentary glycosuria, renal glycosuria and diabetes mellitus.		
262.	*Shukra mātrika Vati.*	Bhaisajya ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Spermatorrhoea, night-polution and sexual weakness. It is an aphrodisiac medicine.		
263.	*Sārivādi Vati.*	Rasatantra sāra.	3 grs. pills 1 to 2 pills.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Ear diseases, otorrhoea, tinitus and hardhearing. It is also useful in hysteria and other mental trouble.		
264.	*Samudra-phenādi varti.*	Andhra Hospital Pharmacopoea.	External uses.
	Indication : Eye trouble, timira and shukra.		
265.	*Sanchetani gutika.*	Rasatantra sāra.	2 grs. 1 to 2 pills.
	Indication : Sannipāta jwara to cure unconsciousness. It is very good remedy for complication in fever due to kapha and vata.		
266.	*Trailokya Vijayā Vati.*	Rasatarangini.	2 grs. pills 1 to 2 pills.
	Indication : Shoola (renal and colic pain, pain at the time of menstrual discharge), pralāpa and unmāda.		
267.	*Tejowatyādi Vati.*	Rasatantra sāra.	2 grs. pills 1 to 2 pills.
	Indication : Throat troubles, aphonia, bronchitis, tonsilitis, etc.		
268.	*Vishama Jwarāntaka Vati.*	Rasatantra sāra.	2 grs. pills 1 to 2 pills.
	Indication : Vishama-jwara (malerial fever), intermitant, tertian, Quotodian, etc.		
269.	*Vishamusthyādi Vati.*	Rasatantra Sāra.	3 grs. pills 1 to 2 pills.
	Indication : Atisāra, mandāgni, vātavyādhi, pain in abdomen etc.		
270.	*Vid-lavanādi Vati.*	Siddhayoga Samgraha.	3 grs. pills 1 to 2 pills.
	Indication : Agnimāndya, ajeerna, pain in abdomen. It is a very good dipana and pāchana medicine.		
271.	*Vyoshādi Vati.*	Rasatantra Sāra.	3 grs. pills 1 to 2 pills.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Cold, coryza, cough, anorexia, aphonia etc.		
272.	*Vriddhi-Vādhikā Vati.*	Rasatantra sāra.	3 grs. 1 to 2 pills.
	Indication : Koshavriddhi (hydrocele).		

KHANDA, GUDA, AVALEHA AND PĀNAKA

273.	*Ashtangāvaleha.*	Rasatantra sāra.	1 to 2 drachms.
	Indication : Kāsa, shwāsa (cough and breathing trouble), aruchi (anorexia), chhardi (vomiting), nausea etc.		
274.	*Ārdaraka Khanda.*	Vaidya Chintāmani.	1 to 3 drachms.
	Indication : Ajeerna, agnimāndya, āmlapitta, aruchi etc.		
275.	*Amrita bhallātaka.*	Bhaisajya Ratnāvali.	1 to 3 drachms.
	Indication : Kustha (skin diseases), Āmavāta, Madhumeha etc.		
275A.	*Bhārngi Guda.*	Bhaisajya Ratnāvali.	1 to 3 drachms.
	Indication : Cough, asthma, and agnimāndya.		
276.	*Bādāma Pāka.*	Rasatantra sāra.	½ to 1 oz.
	Indication : Mental and physical weakness, cardiac weakness. It is a reputed tonic.		
277.	*Chopachinyavaleha.*	Rasantantra sāra.	1 to 3 drachms.
	Indication : Syphilis, skin diseases, gonorrhoea, Bhagandara; all kinds of secondary eruption due to syphilis.		
278.	*Chyavana prāsha.*	Charaka Samhitā.	1 to 3 drachms.
	Indication : Kāsa, shwāsa, kshaya; used as a rasāyana. It is a very good general tonic and restorative of body elements.		
279.	*Chandrāvaleha.*	Siddhayoga Samgraha.	1 to 2 drachms. repeatedly.
	Indication : Bhrama (giddiness), anidrā (insomnia) unmāda (insanity) hysteria etc.		

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S. No.	Name of Medicine.	Reference.	Doses.
280.	*Eranda Pāka.* *Indication* : Vāta-vyādhi (Nervous diseases), Āmavāta (Rheumatic trouble), arthritis, lumbago etc.	Rasatantra sāra.	1 to 2 ozs.
281.	*Gulakanda.* *Indication* : Constipation, pitta dosha, malabandha. It is a mild laxative and improves the digestive power.	Rasatantra sāra.	½ to 1 oz.
282.	*Gokshurādyavaleha.* *Indication* : Mutrakrichhra (painful micturation), Raktameha (haematuria), burning in urination, stranguary and scanty urine.	Rasatantra sāra.	½ to 1 oz.
283.	*Haritaki Khanda.* *Indication* : All types of pain in abdomen (shoola), acidity (āmlapitta), kāsa, shwāsa, constipation, etc.	Bhaisajya ratnāvali.	1 to 3 drachms.
284.	*Haridrā-Khanda.* *Indication* : Shitapitta, udarda (urticaria) and skin diseases.	Bhaisajya Ratnāvali.	1 to 2 drachms.
285.	*Kushmānda-Khanda.* *Indication* : Raktapitta, kāsa, dāha, (internal haemorrhages, cough and burning sensation in body).	Bhaisajya Ratnāvali.	1 to 3 drachms.
286.	*Maha-bhallātaka Guda.* *Indication* : All types of skin diseases, leprosy (kustha), arsha, bhagandara (piles and fistula), and nādi-vranas.	Bhaisajya Ratnāvali.	1 to 3 drachms.
287.	*Musali Pāka.* *Indication* : Weakness (sexual weakness) and emaciation, It is a very good tonic and aphrodisiac.	Rasatantra sāra.	1 to 3 drachms.
288.	*Madhukāvaleha.* *Indication* : Pradara, kukshishoola, yonishoola, etc.	Rasatantra sāra.	1 to 2 drachms.

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S. No.	Name of Medicine.	Reference.	Doses.
289.	*Rajah pravartakāvaleha.*	Rasatantra sāra.	1 to 3 drachms.
	Indication : Amenorrhoea (rajorodha), dysmenorrhoea (kashta raja), etc.		
290.	*Sarvata Bajuri.*	Unani siddha Yoga sangraha.	2 to 4 drachms with water.
	Indication. Kidney trouble, nephritis, stone and calculas in urinary tract, shotha (renal oedema).		
291.	*Sevati Pāka.*	Rasatantra sāra.	3 to 6 drachms.
	Indication : Habitual constipation, malabandha, udāvarta etc.		
292.	*Supari Pāka or Pugikhanda.*	Bhaisajya Ratnāvali.	1 to 3 drachms.
	Indication : Shoola, shveta pradara, amlapitta etc. It is a very good tonic.		
292.	(A) *Trivrritādi Lehya.*	Charaka Samhitā.	1 to 3 drachms.
	Indication : Constipation, Mala-bandha.		
293.	*Saubhāgya Shunthi.*	Bhaisajya Ratnāvali.	1 to 3 drachms.
	Indication : Sutikā roga, stanya dosha, and tonic.		
294.	*Vāsā-Kusumānda Khanda.*	Bhaisajya Ratnāvali.	1 to 3 drachms.
	Indication : Kāsa, shvāsa, raktapitta and other bronchial troubles.		
295.	*Vāsāvaleha.*	Rasatantra Sāra.	1 to 3 drachms repeatedly.
	Indication : Kāsa, shwāsa, (cough and breathing trouble), chest pain and side pain, etc.		
296.	*Vāsā-Kantakāri Leha.*	Andhra Hospital Pharmacopoea.	1 to 3 drachms.
	Indication : Kāsa, shwāsa, kshaya (cough, breathing trouble and consumption).		
297.	*Vilvādi Lehya.*	Sahasra yoga.	1 to 3 drachms.
	Indication : Arochaka, chhardi (vomiting), Agnimāndya etc.		
298.	*Vāsā-haritakyavaleha.*	Siddha Yoga Sangrah.	2 to 4 drams.
	Indication : Kāsa, shwāsa, pratishyaya, raktapitta etc.		

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S. No.	Name of Medicine.	Reference.	Doses.
299.	*Yavāni Shādava Leha.*	Rasatantra Sāra.	1 to 3 drachms.
	Indication : Aruchi, shoola, hridroga, pāndu-roga and indigestion.		
300.	*Yastyādya-avaleha or Madhu Yastyādyavaleha.*	Rasatantra sāra.	1 to 2 drachms.
	Indication : Kāsa, shwāsa, urakshata etc.		

GHRITAS

301.	*Amrita-prāsha ghrita.*	Bhaisajya ratnāvali.	1 to 3 drachms.
	Indication : Kshaya, kāsa, nasta—shukra, mutra roga, urah kshata, Rāja—yakshmā etc.		
302.	*Ashvagandhā Ghrita.*	Bhaisajya Ratnāvali.	1 to 3 drachms.
	Indication : Nervous debility, insomnia, general weakness and loss of labido etc.		
303.	*Ashoka ghrita.*	Bhaisajya ratnāvali.	1 to 3 drachms.
	Indication : Pradara, yonishoola, katishoola, and other gynic diseases.		
304.	*Brāhmi ghrita.*	Sahasra yoga.	1 to 3 drachms.
	Indication : Unmāda (Insanity), apasmāra, (Epilepsy) and other mental diseases, swarabheda.		
305.	*Balā-ghrita.*	Siddhayoga Samgraha.	2 to 3 drachms.
	Indication : Heart disease, urakshata, kshaya, kāsa, shoola etc.		
306.	*Brihat Chhāgalādi ghrita.*	Bhaisajya ratnāvali.	1 to 3 drachms.
	Indication : Vātavyādhi (Nervous diseases), apasmāra, paralysis, unmāda etc.		
307.	*Chāngeri ghrita.*	Charaka Samhitā.	1 to 3 drachms.
	Indication : Āmātisāra, grahani (Sprue) and prolapse anus, etc.		
308.	*Dādimādya ghrita.*	Astānga Hridaya.	2 to 4 drachms.
	Indication : Pāndu, gulma, arsa and pleeha-rogas.		
309.	*Durvādya ghrita.*	Rasatantra Sāra.	3 to 6 drachms.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Raktapitta, Raktārsha, Rakta pradara, (Internal haemorrhages, bleeding piles and excess bleeding at the time of menses.)		
310.	*Jātyādi ghrita.*	Astānga Hridaya.	For external use only.
	Indication : In all kinds of Vranas (ulcers).		
311.	*Jiwaniya ghrita.*	Charaka Samhitā.	2 to 3 drachms.
	Indication : Chronic fever, Rāja yakshmā, Dāha Nidranāsha, Dhātu kshinatā etc.		
312.	*Kshāra ghrita.*	Bhaisajya ratnāvali.	External uses only.
	Indication : Mashaka (Moles), Tilakālaka (Macula), Nyachha, Padmini kantaka (Acne), Sidhma (Pityriasis) and ring worm etc.		
313.	*Kāsisādi ghrita.*	Bhaisajya ratnāvali.	External uses only.
	Indication : Piles, Charma Kila, Scabies, eczyma, ring worms etc.		
314.	*Kāmadeo ghrita.*	Siddhayoga Samgraha.	1 to 3 drachms.
	Indication : Sexual weakness, impotency, Kārshya, Mutra Krichhra, general weakness etc.		
315.	*Mahā Tikta ghrita.*	Astānga Hridaya.	2 to 4 drachms.
	Indication : Kustha, Vrana, Nādivrana, Abhishyanda, Adhimantha.		
316.	*Mayurādighrita.*	Bhaisajya ratnāvali.	1 to 3 drachms.
	Indication : Shiroroga, Karna roga, Manyāstambha and other diseases of the head, neck and ear etc.		
317.	*Mahā Mayurādi ghrita.*	Bhaisajya Ratnāvali.	1 to 2 drachms.
	Indication : All Jatrurdhva rogas (diseases of the head, neck, nose and ear) etc.		
318.	*Pippalyādi ghrita.*	Bhaisajya Ratnāvali.	¼ to 1 drachm.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Complication of dentition like vomiting, diarrhoea, fever, cough etc.		
319.	*Pancha Gavya ghrita.*	Astānga Hridaya.	
	Indication : Apasmāra, Unmāda (Epilepsy and insanity) and other mental disorders.		3 to 5 drachms.
320.	*Phala Kalyāna ghrita or Phala ghrita.*	Bhaisajya Ratnāvali.	2 to 4 drachms.
	Indication : Yoni roga, sterility amenorrhoea, garbha-prada, Vāta rogas and Aphrodisiac.		
321.	*Shatadhauta ghrita.*		For external uses only.
	Indication : Dāha, Charmadala, Visarpa, Kakshā, (Herpes zoster) etc.		
322.	*Shatāvari ghrita.*	Sahasra yoga.	2 to 4 drachms.
	Indication : Gulma, Shoola, Rāja-yakshmā, Agnimāndya, etc.		
323.	*Triphalā ghrita.*	Astānga Hridaya.	2 to 4 drachms.
	Indication : Eye diseases, (Chronic effection of the eyes), improves the eye sight.		

TAILA OR SNEHAS

324.	*Amritādi taila.*	Bhaisajya Ratnāvali.	Abhyanga (Massage).
	Indication : Vāta-rakta (gout) and other disorder of Raktagata vāta, Skin diseases.		
325.	*Anu taila.*	Astanga Hridaya.	For external uses only.
	Indication : Used as a Nasya (droping in nostril) to prevent diseases of nose, throat and head.		
326.	*Asta-katwara taila.*	Bhaisajya Ratnāvali.	For massage (Abhyang)
	Indication : Āmavāta (Rheumatism), Gridhrasi (Sciatica), Lumbago etc.		

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S. No.	Name of Medicine.	Reference.	Doses.
327.	*Astādasha Satika Prasārini Taila.*	Rasayoga Sāgara.	External uses.
	Indication : All types of Vāta-vyādhi (Nervous disease), Paralysis (Pakshāghāta etc).		
328.	*Bākuchi Taila.*		
	Indication : It is a specific medicine for Svitra (Leucoderma) and other skin diseases.		
329.	*Balā taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Vātavyādhi-Nervous diseases like paralysis, hemiplagia and monoplagia etc.		
330.	*Bhringa-rāja taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Diseases of the head. It is a brain soothing oil and checks ultimely grey hair and dandruff.		
331.	*Bhringāmalaka Taila.*	Sahasra Yoga.	For external uses.
	Indication : Shiroroga (diseases of head), bhrama (giddiness), pālitya (Grey hair), Khālitya (dandruff).		
332.	*Brāhmi Taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Mental diseases, Insomnia, insanity and loss of memory. It is cooling to brain.		
333.	*Bakulādya taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Tooth and gum diseases, Toothache, gingivitis, shaky tooth etc.		
334.	*Balā-Guduchyādi Taila.*	Sahasra Yoga.	For external uses.
	Indication : All varieties of Vāta-rogas (nervous diseases).		

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S. No.	Name of Medicine.	Reference.	Doses.
335.	*Chandana-balā-Lākshādi Taila.*	Rastantra Sāra.	For external uses.
	Indication : Kshaya, Jwara, Kandu, Jeerna Jwara, Shirah-shoola, Netra-dāha, Dhātu-Kshaya, etc.		
336.	*Chāla-mugrā Taila.*		For external. and internal uses. (10 to 30 minims internally).
	Indication : Skin diseases, Leprosy, Kandu, Twagdaha (Pruritus and burning of the skin).		
337.	*Chakramarda Taila.*	Rasatantra Sāra.	For external uses.
	Indication : Kandu, Kustha, Pāmā, Dadru (Scabies, Skin diseases like eczema, Psoraisis etc.).		
338.	*Chandanādi Taila.*	Chakradutta.	For external uses.
	Indication : Chronic fever, Rājayakshmā, Raktapitta, Unmāda, Apasmāra, Dāha, Shirah shoola etc.		
339.	*Chhuchhundari Taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Gudabhramsha (Prolapse anus) galganda roga etc.		
340.	*Dhātakyādi Taila.*	Charaka Samhitā.	For external uses.
	Indication : Yoniroga, Viplutā, Pariplutā and Vatalāyoni. To be used as uttaravasti.		
341.	*Dipikā Taila.*	Bhaisajya Ratnāvali.	To be used as ear drop.
	Indication : Karnasrāva, Karna nāda, Karna kshveda and other ear trouble.		

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S. No.	Name of Medicine.	Reference.	Doses.
342.	*Dhatoora Taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Karnashoola, Karnashotha etc. ear diseases. It is also used in Karnamula shotha of Sannipāta jwara.		
343.	*Deodārvyadi Taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Chronic fever, puerperal fever (Sutika jwara) and other complication after delivery.		
344.	*Dhānawantara Taila.*	Sarva-rogā chikitsa ratnam.	For external uses. Nasya and varti.
	Indication : All varities of Vātarogas (Nervous diseases) and Sutikārogas.		
345.	*Eranda Taila.*		½ to 1 oz.
	Indication : It is a laxative drug used to clean the bowels. Āmavāta and chronic constipation.		
346.	*Gurjana Taila.*		
347.	*Guduchyādi Taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Vātarakta, Visarpa Kandu, Kustha, Vicharchikā and other skin diseases.		
348.	*Grahani mihira taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Rigidity of the intestinal walls due to chronic gastro-intestinal trouble (grahani) and sprue syndrome.		
349.	*Gunjādi Taila.*	Bhaisajya ratnāvali.	For external uses.
	Indication : Skin diseases, especially Shvitra (Leucoderma) and other skin trouble due to dipigmentation.		

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S. No.	Name of Medicine.	Reference.	Doses.
350.	*Gandha prasārini taila.*	Shārangadhara Samhitā.	For external uses.
	Indication : Vāta-Kapha Vikāras, Kubjavāta, Pānduroga, Gridhrasi, Hanugraha, Pristhagraha, Kativāta etc.		
351.	*Haridrādi taila.*		
	Indication : It is used as a massage in many skin diseases. It is very soothing to the skin and protects lustre of the skin.		
352.	*Hingu-triguna-taila.*	Astānga Hridaya.	2 to 4 drachms.
	Indication : Gulma, shoola, Udararogas, colitis, intestinal colic and chronic constipation.		
353.	*Hingvādi taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Yoni roga, Yonishoola, Rajah krichhra, etc. to be used as pichuahārana.		
354.	*Himasāgar taila.*	Baidyanath Āyurved Bhawan preparation.	
	Indication : Mental strain, headache, giddiness and mental exhaustion. It is cooling to brain.		
355.	*Irimedādi taila or Arimedādi Taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : All mukha rogas, Danta harsha, Krimidanta and chaladanta.		
356.	*Jātyādi Taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : It is very good healer and purifier of Vranas (Ulcers). It is very beneficial in burn and calds.		
357.	*Jaituna Taila.*		½ to 1 oz.
	Indication : It is laxative. It is very efficacious in prurities of any part of the body when used as massage.		

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S. No.	Name of Medicine.	Reference.	Doses.
358.	*Jambirādi taila.*		
	Indication : A very fragrant oil used as a massage in many nervous pains and deodarant to skin.		
359.	*Kumkumādi taila.*	Chakradutta.	For external uses.
	Indication : Nilikā, Mukhapidikā, Vyanga, Nyachha, Yuvānpidikā (Acne) etc.		
360.	*Kanaka taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Diseases of the head, ear and eye. Āmavāta, Shlipada, galaganda etc.		
361.	*Kshāra taila.*	Shārngadhara Samhitā.	Used as a ear drop.
	Indication : Ear diseases, Putikarna, Karnashoola, Karnanāda, Bādhirya etc.		
362.	*Kosātakyādi taila.*	Rasatantra Sāra.	For external uses.
	Indication : Dustavranas, all types of foul ulcers, upadansa, sinuses and fistulas.		
363.	*Kāsisadi taila.*	Shārangdhara Samhitā.	For external uses.
	Indication : Piles (Arsha), Charma kila and other skin diseases.		
364.	*Karanja taila.*	Bhaisajya ratnāvali.	For external uses.
	Indication : Visarpa, Visphota, Kandu, Vicharchikā (Scabies), eczema and other skin diseases).		
365.	*Kāraskara taila.*	Rasatarangini.	For external uses.
	Indication : Nervous pain, Āmavāta, Sandhivāta (Rheumatism and arthritis) muscular pain etc.		
366.	*Kusthādi taila.*	Bhaisajya ratnāvali.	For external and internal uses

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Urustambha, Āmavāta, and Karna rogas. (Nervous pain and diseases of the ear).		
367.	*Katutumbi taila.*	Rasatantra Sāra.	For external uses.
	Indication : Galaganda and gandamala.		
368.	*Lemongrass oil.*	Dravyaguna Vijnana.	Internal and external uses. 3 to 5 minims.
	Indication : Carminative used in cold, coryza and intestinal diseases used as liniment also.		
369.	*Lākshādi taila.*	Bhaisajya ratnāvali.	For external uses.
	Indication : Chronic fever, jeerna jwara, vishama-jwara, etc.		
370.	*Mahānārāyana Taila.*	Bhaisajya Ratnavāli.	For external uses.
	Indication : All vāta rogas, Pakshāghāta (Paralysis), Ardhānga vāta (Hemiplesia) Kati-vāta, Gridhrasi etc.		
371.	*Madayantyādi taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Skin diseases, Kustha, (Kshudra Kusthas).		
372.	*Manjisthāli taila.*	Sahasra yoga.	For external uses.
	Indication : Shirah-shoola and in eye diseases.		
373.	*Mahā Vishagarbha taila.*	Yoga ratnākara.	For External uses.
	Indication : All types of nervous pain (Vāta roga), Āmavāta (Rheumatic disease) Sandhi-vāta (arthritis) etc.		
374.	*Manahshilādi taila.*	Rasatantra Sāra.	For external uses.
	Indication : Valmika roga, foul ulcers, Shataponaka etc.		

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S. No.	Name of Medicine.	Reference.	Doses.
375.	*Madhukādi taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Karna rogas (ear diseases), Karna-nāda, Karna-kshveda, Pratināha, Karna-shoola, Karnasotha, etc.		
376.	*Mahamāsha taila.*	Bhaisajya ratnāvali.	For external uses.
	Indication : Vāta rogas (Nervous diseases) Shoola and for Vasti and Nasya in Paralysis.		
377.	*Mahāraja Prasārini taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : All vāta rogas, nervous diseases, Pakshāghāta, Ardhānga vāta and Ekāngavāta etc.		
378.	*Nārāyana taila.*	Bhaisajya Ratnāvali.	For external and internal uses
	Indication : All varities of Vātarogas, Pakshāghāta, Ardhānga vāta (Hemiplegia), manyā-stambha, Katigraha etc.		
379.	*Nimba taila.*		For external uses.
	Indication : Kustha, Kandu (scabies and other skin diseases).		
380.	*Nishā taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Karna-nādi (Sinuses of the ear) and other ear diseases.		
381.	*Naktādi taila.*	Rasatantra Sāra.	For external uses.
	Indication : Yoniroga, Vātalā and Udāvritā yoni and Yoni shotha.		
382.	*Pinda taila.*	Astānga hridaya.	For external uses.
	Indication : Vātarakta (Gout) inflammatory condition and nervous pain and skin diseases.		

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S. No.	Name of Medicine.	Reference.	Doses.
383.	*Pāmāri taila.*		For external uses.
	Indication : Pāmā (dermatitis and other skin diseases, eczema etc.)		
384.	*Punarnavādi taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Shotha, Pāndu, Kāmalā, Raktapitta, Kāsa, etc. (Oedema due to kidney trouble).		
385.	*Pāthādi taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Used as a nasya in pinasa (chronic cold or ozena).		
386.	*Paksha-vadhiya-Māsha taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Pakshavadha (hemiplegia and other paralytic attacks).		
387.	*Rāsnādi taila.*		For external uses.
	Indication : Āmavāta and Sandhivāta (Rheumatism and arthiritis).		
388.	*Rasonādi taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : All vātarogas (nervous diseases), karnashoola, and other nervous pain.		
389.	*Satyānāshi taila.*		For external uses.
	Indication : Scabies and pruritus Kshudrakusthas (skin diseases).		
390.	*Shri Gopala Taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Vātarogas (all types of nervous diseases) loss of labido, sexual weakness and impotency.		
391.	*Shveta Karvirādi taila.*	Yoga ratnākar.	For external uses.

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S. No. Name. of Medicine Reference. Doses.

Indication : Fistula and Sinuses, Kustha rogas (skin diseases).

392. *Sarsapa taila.*

Indication : Skin diseases as a massage over the body. It is also used to fry or cook vegetables in Bihar, Bengal and U. P.

293. *Shuska-mulādi taila.* Bhaisajya Ratnāvali. For external uses.

Indication : Shotha (various kinds of oedema).

394. *Saptaguna taila.* Siddhayoga Samgraha. For external uses.

Indication : Āmavāta, Samdhivāta, Pain in any part of the body, Karnashoola etc.

395. *Saindhavādi taila.* Bhaisajya Ratnāvali. For external uses.

Indication : Āmavāta, Sandhivāta, (Rheumatism and arthritis) and other nervous diseases.

396. *Siktha taila.*

Indication : Is the oil used as a base of many ointments. It is soothing and used singly in pādadari (cracking of the sole).

397. *Shatāvari taila.* Bhaisajya Ratnāvali. For external uses.

Indication : Bātavyādhi (Nervous diseases).

398. *Shambukādi taiāa.* Bhaisajya ratnāvali. For external uses.

Indication : Chronic Otorrhoea (Karnasrāva), Bādhirya and Putikarna etc.

399. *Shad-bindu taila.* Bhaisajya Ratnāvali. For external uses.

Indication : Used as a nasya in Pratishyāya (cold and coryza) Pinasa, and other diseases of the nose.

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S. No.	Name of Medicine.	Reference.	Doses.
400.	*Sahacharādi taila.*	Andhra Hospital Pharmacopoea.	For external uses.
	Indication : Kampa vāta, Ākshepa etc. nervous diseases.		
401.	*Sidhārthaka taila.*	Bhaisajya Ratnāvali.	For Internal and External uses.
	Indication : All vātarogas, Angashosha, Apabāhuka, Vishvāchi, Gridhrasi etc.		
402.	*Udumbarādi taila.*		
	Indication : Externally used to remove the burning sensation of the skin. It is very efficacious in ulcers and other skin diseases.		
403.	*Vipādikāhara taila.*	Charaka Samhitā.	For external uses.
	Indication : Vipādikā (Postular eczema of the leg).		
404.	*Visharpahara taila.*	Charaka Samhitā.	For external uses.
	Indication : Visarpa, Kakshā, Charmadal etc. (Infective dermatitis).		
405.	*Vilvādi taila.*	Rasatantra sāra.	For external uses.
	Indication : Ear diseases, Karnashoola, Karnasrāva, Karnanāda etc.		
406.	*Vishagarbha taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Vāta-roga (nervous pain), Pakshāghāta, Hanustambha, Katigraha, gridhrasi etc.		
407.	*Vyāghri taila.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Putināsā (Ozena) as a Nasya, chronic cold.		
408.	*Vātahara taila or Vatantaka taila.*	Andhra Hospital Pharmacopoea.	For external uses.
	Indication : All vāta-rogas, (nervous pains).		

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S. No.	Name of Medicine.	Reference.	Doses.
	LEPAS AND MARAHAMS.		
409.	*Archā lepa* : Siddha yoga Sangraha		For external uses.
	Indication : Āghāta (Injury) inflammation, pain, cut, abrasion, ulcers etc.		
410.	*Arunsikā-hara malahara.*	Charaka Samhitā.	
	Indication - It is a very efficacious ointment for Arunsika (Saborrhoea captis).		
411.	*Asthisandhānaka lepa.*	Siddhayoga Samgraha.	For external uses.
	Indication : Asthi-bhagna and Sandhi vishlesha (Bone-fracture and dislocation).		
412.	*Atasyādi lepa.*		
	Indication : It is applied to cure inflammation or to hasten suppuration in Vrana shotha (Abscess).		
413.	*Avalagujādi lepa.*	Andhra Hospital Pharmacopoea.	For external uses.
	Indication : Shvitra (Leucoderma) and other skin diseases.		
414.	*Āragvadhādi lepa.*	Charakā Samhitā.	For external uses.
	Indication : Kshudra Kusthas (Skin diseases).		
415.	*Anguli-pāka-hara lepa.*	Rasatantra sāra.	For external uses.
	Indication : Anguli pāka, Chippa (Whit low) etc.		
416.	*Āragvadhādi Udvartana.*	Charaka Samhitā.	For external uses.
	Indication : Kustha rogas, Khsudra Kusthas (Skin diseases).		
417.	*Charmadala-hara-malahara.*	Kāshyapa Samhitā.	For external uses.
	Indication : Charmadala (Infective dermatitis).		
418.	*Chandra-prabhā-Udvartana.*	Rasatantra Sāra.	For external uses.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Yuvānapidikā (Acne). Vyanga and other macula of the face.		
419.	*Dasānga lepa.*	Shārngadhara Samhitā.	For external uses.
	Indication : Shotha, Visarpa, Visphote, Dāha, Pain etc.		
420.	*Dadruhara lepa.*	Rasatantra Sāra.	For external uses.
	Indication : Dadru (ring worm).		
421.	*Dadrudamana malahara.*	Rasatantra Sāra.	For external uses.
	Indication : Dadru (ringworm). It is very effective ointment.		
422.	*Dārunaka-hara-malahara.*	Rasatantra Sāra.	For external uses.
	Indication : Darunaka (Dandruff) Pruritus, pimples and papules on the skull.		
423.	*Dagdhāmrita Malahara.*	Rasatantra sāra.	For external uses.
	Indication : Dagdha vrana, (Burns and scalds).		
424.	*Gandha-kādi-Malahara.*		
	Indication : It is a very effective ointment for scabies, and other itching papules of the skin. It cures boils, bullae (Postular).		
425.	*Gaja-charma-hara-Udvartana.*		
	Indication : It is a very effective Udvartana in Gaja charma (Elephant skin dermatitis).		
426.	*Gandhā-Virojā lepa.*		
	Indication : Is applied over the swelling, abscess and other inflammation.		
427.	*Galaganda-hara-lepa.*	Rasatantra sāra.	For external uses.
	Indication : Galaganda (Goitre) and gandamālā (Scrofulous gland).		

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S. No.	Name of Medicine.	Reference.	Doses.
428.	*Kāsisādi lepa.*	Rasatantra sāra.	For external uses.
	Indication : Pruritus anus, scabies and Ahiputana etc.		
429.	*Kankusthādi lepa.*	Rasatantra Sāra.	For external uses.
	Indication : Papules and pimples of the skin (Pidikā).		
430.	*Karpurādi lepa.*	Rasatantra sāra.	For external uses.
	Indication : Vidradhi, galaganda and foul ulcers.		
431.	*Kanaka lepa* :	Andhra Hospital Pharmacopoea.	For external uses.
	Indication : Shotha (Oedema), Granthi (Cyst and tumour), Vrana-Shotha, Āmavāta (Arthritis).		
432.	*Kālā maraham.*	Rasatantra sāra.	For external uses.
	Indication : Vrana, Vidradhi (Abscess). It is Vranasodhaka and Vranaropaka (Healer).		
433.	*Lashunādi Kalka.*	Kāshyapa Samhitā.	For external uses.
	Indication : Shotha (Oedema) and other inflammatory conditions.		
434.	*Māmsyādi lepa.*	Rasatantra sāra.	For external uses.
	Indication : Vātarakta, Visarpa and Dāha etc.		
435.	*Mukhadushikā-hara-lepa.*		
	Indication : Mukha dushikā (Acne vulgaris) Yuvāna pidika etc.		
436.	*Mukha-dushikā hara-Avachurnana.*		
	Indication : Mukha dushika. It is dusted over the face with the help of a puff.		
437.	*Maha-Agada-Lepa.*	Sushruta Samhitā.	For external uses.
	Indication : Poisoning, Dushivisha etc.		

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S. No.	Name of Medicine.	Reference.	Doses.
438.	*Manjisthādi lepa.*	Bhaisajya ratnāvali.	For external uses.
	Indication : Shlipada filariasis—(Elephantiasis).		
439.	*Nishādi lepa.*	Rasatantra sāra.	For external uses.
	Indication : Visharpa, Dāha, Daurgandhya, Masūrikā, Vishphotaka, Romāntikā etc.		
440.	*Pāmāri Malahara.*		
	Indication : Is a very good ointment for Pāmā (dermatitis).		
441.	*Pāmāhara malahara.*	Rasatantra sāra.	For external uses.
	Indication : Pāmā (Eczema) and other dermatitis, scabies and pruritus.		
442.	*Prameha-Pidikahara-Malahara.*		
	Indication : It is a very efficacious ointment to be used in carbuncle.		
443.	*Pārshva-shoola-nāshaka-lepa.*	Rasatantra sāra.	For external uses.
	Indication : Pārshva-shoola (Pain in the sides).		
444.	*Rasonādi lepa.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Urustambha and other neuritis.		
445.	*Rasottamādi lepa.*	Andhra Hospital Pharmacopoea	For external uses.
	Indication : Pāmā, Kandu, Vicharchikā (Eczema and Postular dermatitis).		
446.	*Rasānjanādi lepa.*	Rasatantra sāra.	For external uses.
	Indication : Eye shore (conjunctivitis) redness and burning of the eye, itching sensation in eye, inflammation of eye etc.		
447.	*Sindurādi malahara.*	Rasatarangini.	For external uses.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Vrana, Vicharchikā, Vipādikā (Ulcers, Postular dermatitis).		
448.	*Sidhma-hara-lepa.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Sidhmaroga (Ptyriasis) and other dipigmentation of the skin.		
449.	*Snāyuka-hara-maraham.*	Rasatantra Sāra.	For external uses.
	Indication : Snāyuka (Gunea worm).		
450.	*Shirah-Shoolāntaka-malahara.*	Rasatantra Sāra.	For external uses.
	Indication : Shirah Shoola (Headache).		
451.	*Sārivadi lepa.*	Bhaisajya ratnāvali.	For external uses.
	Indication : Skin diseases, Mukha dushikā (Acne).		
452.	*Tuthyādi lepa* (*Malahara*).	Rasatantra Sāra.	For external uses.
	Indication : Exfoliative dermatitis, Acne vulgaris and other pimples of the face.		
453.	*Ushmaja-pidikā-hara Avachurnana.*		
	Indication : Prickly heat. Powder to be dusted over the effected part.		
454.	*Udumhara sāra.*	Siddhayoga Samgraha.	45 to 90 grs.
	Indication : All types of internal haemorrhages, Vrana, Ulcers, Mukhapaka etc.		
455.	*Vyuchihara malahara.*	Rasatantra sāra.	For external uses.
	Indication : Vyuch (Scabies), Pāmā, Dadru, Visphotaka etc.		
456.	*Vranahara malahara.*	Rasatantra sāra.	For external uses.
	Indication : Vrana (Ulcers). It is Shodhana and Ropana.		
457.	*Vranāmrita malahara* :	Rasatantra Sāra.	For external uses.
	Indication : Vranas, Ulcers.		

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S. No.	Name of Medicine.	Reference.	Doses.
458.	*Yashadāmrita Malahara.*	Rasatarangini.	For external uses.
	Indication : Vrana (Ulcers), Vicharchikā (Postular dermatitis), burns etc.		
459.	*Yashadāmrita Drava.*	Rasatarangini.	For external uses.
	Indication : Raktarma Abhisyanda (eye disease) Shotha (Oedema) etc.		

NETRA ROGA PREPARATION.

460.	*Chandraprabhā varti.*	Rasatantra sāra.	For external uses.
	Indication : Timira, Kācha, Naktāndhya, Shukra and Arma.		
461.	*Chandrodaya varti.*	Bhaisajya Ratnavali.	For external uses.
	Indication : Timira, Kacha, Adhimantha, Naktāndhya and Arma rogas.		
462.	*Dārvyādi Netra bindu.*	Rasatantra Sāra.	
	Indication : Abhisyanda, Netrashoola, Netra roga, etc.		
463.	*Himalaya Surma.*	Baidyanath Ayurved Bhawan Preparation.	For external uses.
	Indication : Eye trouble. It keeps the eyes cool and free from troubles.		
464.	*Jātyādi Anjana.*		
	Indication : Is a very good colyrium which keeps the eyes protected from many eye trouble if used regularly.		
465.	*Krishna Netrānjana.*	Rasatantra Sāra.	
	Indication : Burning of the eyes, Timira, Shukra, Kācha and Armas.		
466.	*Mamira Ka Surmā.*	Baidyanath Ayurved Bhawan Preparation.	For external uses.
	Indication : Dristi daurbalya (weakness of sight or weak vision) and as a protective from eye trouble.		

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S. No.	Name of Medicine.	Reference.	Doses
467.	*Nimbādi Anjana.*		
	Indication : This is an antiseptic colyrium, keeps the eyes free from many infections.		
468.	*Netra bindu.*	Andhra Hospital pharmacopoea.	
	Indication : Netrābhisyanda (conjunctivitis).		
469.	*Netrāmrita.*	Baidyanath Ayurved Bhawan Preparation.	
	Indication : Regular use of this Surma (colyrium) keeps the eyes cool and free from irritation.		
470.	*Narikelānjana.*	Arogya Kalpaldruma.	
	Indication : Timira, Netrābhisyanda and vartma rogas.		
471.	*Netraprabhākara Anjana.*	Rasatantra Sāra.	For external uses.
	Indication : Netrasrāva, Netra Kandu, Drishti-daurbalya. It improves the eyes sight.		
472.	*Netrāmrita Surma.*	Baidyanath preparation.	
	Indication : Regular use of this colyrium keeps the eyes cool and free from irritation.		
473.	*Nāgārjuna varti.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Timira, Kācha and other eye diseases.		
474.	*Nayanāmritānjana.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Timira, Kācha, Shukra, Arjuna, etc. (eye diseases).		
475.	*Puspahara anjana.*	Rasatantra Sāra.	
	Indication : Netrapuspa or Shukra (Opacity), Netra Kandu, Netra roga and Timira.		
476.	*Peeta netrānjana.*	Netra roga Vijnāna.	
	Indication : It is an ointment (mercurial) used in Blepharitis (Pakshma Kopa etc.)		

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S. No.	Name of Medicine.	Reference.	Doses.
477.	*Pippalyādi Varti.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : Drishti daurbalya; it improves the vision (eye-sight), Netrābhisyanda.		
478.	*Rajata Natrita Drava.*	Netra roga Vijnāna.	
	Indication : Pothaki, Arma, Abhisyanda etc.		
479.	*Rasanjana Drava.*	Netra roga Vijnana.	
	Indication : Abhisyanda, Netra-roga and Netra-dāha etc.		
480.	*Sorakāmliya rajata natrita Drava.*	Rasatarangini.	For external uses.
	Indication : Abhisyanda, Pothaki, Visarpa, Visphotā etc.		

RASA AUSHADHAS

481.	*Agni Kumāra rasa.*	Bhaisajya Ratnavali.	3 grs. pills 1 to 2 pills.
	Indication : Agnimāndya, Ajeerna and Shoola (Udara Shoola, pain in abdomen).		
482.	*Agni Sandipana rasa.*	Bhaisajya Ratnāvali.	10 grs. pills 1 to 2 pills.
	Indication : Mandāgni, Ajeerna (deficient digestive power and indigestion).		
483.	*Agasti Sutarāja rasa.*	Rasatantra Sāra.	1 grs. pills 1 to 2 pills.
	Indication : Atisāra, Shoola, Agnimāndya, Grahani and other intestinal troubles.		
484.	*Ajeerna Kantaka rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Agnimāndya and Ajeerna, (deficient digestive power and indigestion).		
485.	*Ajeernāri rasa.*	Siddhayoga Sangraha.	3 grs. pills 1 to 2 pills.
	Indication : Agnimāndya, Ajeerna (Indigestion). It is a very good appetiser.		
486.	*Amira rasa.*	Siddhabhesaja Manimālā.	3 grs.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Upadansha, Sandhivāta, Phiranga roga (Syphilis etc).		
487.	*Amritānkura lauha.*	Bhaisajya Ratnāvalí.	2 grs. pills 1 to 2 pills.
	Indication : All skin diseases, Āmavāta, Vāta-rakta, Kustha, Pānduroga and Krimi etc.		
488.	*Apasmārāntaka rasa.*	Rasayoga Sagara.	5 grs. pills 1 to 2 pills.
	Indication : Apasmāra (Epilepsy) and Apatan-traka (Hysteria).		
489.	*Arshakuthāra rasa.*	Yoga Ratnākara.	2 grs. pills 1 to 2 pills.
	Indication : Arsha (Piles), Raktārsha, Vātārsha. It is very good laxative and carminative.		
490.	*Ashtamurti rasa.*	Yoga Ratnākara.	2 to 3 grs.
	Indication : Vishama-Jwaras, Punarāvartaka jwara, (Malerial and re-occuring fever).		
491.	*Ākhuvishāntaka rasa.*	Rasatantra sāra.	2 grs. pills 1 to 2 pills.
	Indication : Ākhuvisha (Rat bite poisoning), glandular inflammation due to rat bite.		
492.	*Ānanda bhairava rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Jwara and Jwarāti-sāra (Fever and fever with diarrhoea).		
493.	*Ārogya vardhini rasa.*	Rasaratna Sammuchaya.	5 grs. pills 1 to 2 pills.
	Indication : Pleeha and Yakridrogas, Chronic fever, Kustha, Kāmalā, Pāndu and Malabandha.		
494.	*Āmavāta Pramāthini vati.*	Rasatantra sara.	3 grs. pills 1 to 2 pills.
	Indication : Rheumatic fever, Āmavāta Jwara.		

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S. No.	Name of Medicine.	Reference.	Doses
495.	*Ashva-Kanchuki rasa.*	Rasatantra sāra.	2 grs. pills 1 to 2 pills.
	Indication : It is a purgative drug useful in Malāvarodha in Jwara.		
496.	*Basantamāltāti rasa.*	Siddhayoga Sangraha.	2 grs. pills 1 to 2 pills.
	Indication : Chronic fever, Rāja-Yakshmā, Kāsa, Daurbalya etc.		
497.	*Bhāgottara Gutikā.*	Siddhayoga Samgraha.	7 grs. pills 1 to 2 pills.
	Idication : Kāsa, Shwāsa, and other breathing troubles, expectorants.		
498.	*Bhringa Kāsisa.*		5 to 10 grs. with honey.
	Indication : Anemia (Pāndu roga, Kāmalā (Haemelytic jaundice).		
499.	*Bālārka rasa.*	Siddhayoga Samgraha.	2 grs. pills 1 to 2 pills.
	Indication : Children diseases due to Vāta and Kapha, Atisāra, Krimi etc.		
500.	*Bhuvaneshvara rasa.*	Bhaisajya Ratnāvali.	15 grs. pills 1 to 2 pills.
	Indication : Atisāra, Grahani, Ajeerna etc. (Diarrhoea, sprue and indigestion).		
501.	*Bhairava rasa.*	Rasatantra sāra.	2 grs.
	Indication : Vishamajwaras (Malerial fevers).		
502.	*Brahma rasaina.*	Baidyanath Ayurved Bhawan preparation.	1 to 3 spoon or drms.
	Indication : Loss of memory, mental diseases and other weakness.		
503.	*Brihat Vangeshwara rasa.*	Rasendra sāra Samgraha.	2 grs. pills 1 to 2 pills.
	Indication : Prameha (Urinary diseases), Mutrakrichhra, Pāndu and Dhatu-gata jwaras.		

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S. No.	Name of Medicine.	Reference.	Doses.
504.	*Brihat Kasturi bhairava rasa.*	Bhaisajya ratnāvali.	9 grs. pills. 1 to 2 pills.
	Indication : All types of Sannipāta jwara, delirium and other complication of Sannipāta jwara.		
505.	*Brihat vāta chintāmani rasa.*	Siddhayoga Samgraha.	2 grs. pills 1 to 2 pills.
	Indication : Vātaroga (Nervous diseases), delirium and other Vātaja complication in Sannipāta jwara. It is cardiac and mental tonic.		
506.	*Chaturmukha chintāmani rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Loss of memory and other mental diseases, brain congestion in Sannipāta jwara.		
507.	*Chintāmani rasa* (*Hridi*).	Bhaisajya ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Heart diseases (Hridroga), congestive cardiac fracture etc.		
508.	*Chandrānasu rasa.*	Bhaisajya Ratnāvali.	4 grs. pills 1 to 2 pills.
	Indication : Yonirogas, Yonishoola, yonikandu etc. Gynaec diseases.		
509.	*Chāturthakāri rasa.*	Bhaisajya Ratnāvali.	2 grs. pills.
	Indication : Chāturthaka Jwara (Quartan fever).		
510.	*Chandrāmrita rasa.*	Bhaisajya ratnāvali.	5 grs pills 1 to 2 pills.
	Indication: Kāsa (Cough), Shvāsa (Asthma) and other breathing troubles.		
511.	*Chhardi-ripu.*	Sdhayoga Siangraha.	3 grs. pills 1 to 2 pills.
	Indication : Chhardi (Vomiting).		
512.	*Chintāmani rasa.*	Bhaisajya ratnāvali.	2 grs. pills 1 to 2 pills.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Heart diseases, Vātarogas, and other complication of Vātaroga.		
513.	*Chandra-kānta rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Shiro-rogas (diseases of the head), various types of headache.		
514.	*Dhātri Lauha.*	Siddhayoga Samgraha.	10 to 20 grs.
	Indication : Amlapitta (Acidity), shoola, vidāha, and other intestinal trouble due to Pitta.		
515.	*Ekāngavira rasa.*	Rasatantra sāra.	2 grs. pills 1 to 2 pills.
	Indication : Pakshāghāta, Ardita, Ardhāngavāta and gridhrasi etc. Vātarogas.		
516.	*Godanti mishrana.*	Siddhayoga Samgraha.	10 to 15 grs.
	Indication : Fever (jwara), Dāha, Trishā, Vamana, and Shirah-Shoola etc.		
517.	*Gandhaka rasayna.*	Rasatantra sāra.	6 to 12 grs.
	Indication : Kandu, Kustha (skin disease) and other diseases due to blood impurity.		
518.	*Gudamandoora.*	Bhaisajya Ratnāvali.	7 grs. pills 1 to 2 pills.
	Indication : Shool-all types of pain in abdomen, Parināma shoola etc.		
519.	*Gulma Kālānala rasa.*	Bhaisajya ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Gulma, shoola, granthi (Pain in abdomen, gaseous tumour and cysts).		
520.	*Gangādhara rasa.*	Yogaratnākara.	3 grs. pills 1 to 2 pills.
	Indication : Atisāra, Grahani (Diarrhoea and sprue).		
521.	*Gokshurādi guggulu.*	Siddhayoga sangraha	20 grs. pills 1 to 2 pills.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Prameha, Mutra krichhra and Mutrāghāta (Painful micturation and retention of urine).		
522.	*Grahani gajendra rasa.*	Bhaisajya Ratnavali.	5 grs. pills 1 to 2 pills.
	Indication : Grahani roga (Sprue syndrome).		
523.	*Grahani Kapāta rasa.*	Rasatantra sara.	3 grs. pills 1 to 2 pills.
	Indication : Grahani (Sprue syndrome), Atisāra (Chronic diarrhoea).		
524.	*Galaganda Kandana rasa.*	Bhaisajya Ratnavali.	4 grs. pills 1 to 2 pills.
	Indication : Galaganda (Goitre),		
525.	*Gandamālā Kandana rasa.*	Rasatantra sāra.	4 grs. pills 1 to 3 pills.
	Indication : Gandamālā (scrofulaous glands).		
526.	*Garbha pāla rasa.*	Rasatantra sāra.	2 grs. pills 1 to 2 pills
	Indication : Garbha srāva, Garbha pāta etc. (habitual or threat abortion).		
527.	*Gunjā-bhadra rasa.*	Bhaisajya Ratnāvali.	7 grs. pills 1 to 2 pills.
	Indication : Urustambha roga.		
528.	*Hinguleswara rasa.*	Rasatarangini	2 grs. pills 1 to 2 pills.
	Indication : Fever (Vātajwara) and Rheumatic fever (Āmavāta Jwara).		
529.	*Hiranya garbha pattali rasa.*	Rasendrasāra Samgraha.	1 to 2 grs.
	Indication : Heart diseases (Hridroga) and complication in Sannipāta Jwara.		
530.	*Hema-garbha-rasa.*	Yoga Ratnākara.	2 to 3 grs.
	Indication : Chronic fever, kāsa (cough) Shvāsa, (breathing trouble), Kshaya, Grahani etc.		
531.	*Hikkā-hara-yoga or Hikkāntaka rasa.*	Rasatantra sāra.	2 to 3 grs.
	Indication : Hikkā (Hiccough).		

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S. No.	Name of Medicine.	Reference.	Doses.
532.	*Hridayārnava rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Hridroga (Heart diseases), anemia (Pānduroga).		
533.	*Hemanātha rasa.*	Bhaisajya Ratnāvali.	2 grs. pills.
	Indication : Rasāyana, Bahumūtra (Polyuria), Prameha, Madhumeha etc.		
534.	*Ichhābhedi rasa.*	Bhaisajya Ratnāvali.	2 grs. pills. 1 to 2 pills.
	Indication : Malabandha, used as a purgative.		
535.	*Jwarānkusha rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Fever, vishamajwara (Malerial fever).		
536.	*Jwara-Keshari.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Fever (Jwara) where constipation is present. It is febrifuge and laxative.		
537.	*Jwara-sambhāra-rasa.*	Siddhayoga Samgraha.	3 grs. pills 1 to 2 pills.
	Indication : Fever (Jwara), Vāta and Kapha jwara.		
538.	*Jwara-murāri-rasa.*	Bhaisajya Ratnāvali.	2 grs. pills.
	Indication : Fever—all types of fever.		
539.	*Jayamangala rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Chronic fever spleen and liver trouble, Dhatugata jwaras.		
540.	*Jwarāri Abhra.*	Bhaisajya Ratnāvali.	3 grs.
	Indication : Jwara, Kapha Jwara (Influenza), coughs.		
541.	*Jwara-Kunjara-Parindra rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Fever, Vishama jwaras. (All types of intermittant fevers).		
542.	*Jalodarāri rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Jalodara (Ascites), udara roga.		

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S. No.	Name of Medicine.	Reference.	Doses.
543.	*Jawāhara-mohara.*	Siddhayoga Sangraha.	2 grs. pills 1 to 2 pills.
	Indication : Heart diseases, one of the best heart tonic, palpitation and other heart weakness.		
544.	*Kaphaketu rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Diseases due to Kāpha (Kāsa and Pratishyāyas), influenza etc.		
545.	*Kasturi bhairava rasa.*	Bhaisaja Ratnāvali.	4 grs. pills 1 to 2 pills.
	Indication : Sannipāta jwara, (Vata-shlesmolvana), Mahāshwāsa, Kāsa, Shvāsa, Hriddaurbalya etc.		
546.	*Kalpataru rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Chronic fever, Vishamajwaras, chronic Atisāra, Grahani etc.		
547.	*Kasturi bhusana rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Kāsa, Shwāsa, Jeerna Jwara, Vishama jwara and other diseases of above Jatru.		
548.	*Kālagni-rudra rasa.*	Bhaisajya Ratnāvali.	3 grs. pills. 1 to 2 pills.
	Indication : Visarpa and other erruptive fevers, Kakshā (Herpes zoster).		
549.	*Kanaka-sundara rasa.*	Rasendra sāra Samgrah.	2 grs. pill 1 to 2 pills.
	Indication : Agnimāndya, Atisāra, Grahani, Jwara.		
550.	*Kapha Kartari rasa.*	Rasatantra sāra.	2 grs. pills 1 to 2 pills.
	Indication : Diseases due to Kapha, Kāsa, shwāsa etc.		

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S. No.	Name of Medicine.	Reference.	Doses.
551.	*Kapha-Kuthāra rasa.*	Rasatantra sāra.	2 grs. pills 1 to 2 pills.
	Indication : Diseases due to kapha, Kāsa, Shwāsa etc.		
552.	*Krimi-Kuthāra rasa.*	Rasatantra Sāra.	2 grs. pills 1 to 2 pills.
	Indication : Intestinal worms, thread worms, round worms etc.		
553.	*Kālamegha Navāyasa.*	Siddhayoga Samgraha.	5 grs.
	Indication : Pāndu, Kāmalā, chronic fever, enlargement of liver etc.		
553A.	*Karpoora rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Atisāra, Jwarātisāra, Raktātisāra etc.		
554.	*Kāmalā-hara rasa.*	Siddhayoga Samgraha.	10 to 15 grs.
	Indication : Kamalā (Jaundice) and liver troubles.		
555.	*Kshāra parpati.*	Siddhayoga Samgraha.	10 to 15 grs.
	Indication : It is a very good diuretic and diaphoratic, medicine; Amlapitta, Mutra krichhra, Ashmari etc.		
556.	*Kāmadeo rasa.*	Bhaisajya Ratnāvali.	3 grs. pills.
	Indication : Sexual weakness, Impotency.		
556A.	*Kravyāda rasa.*	Bhaisajya Ratnāvali.	2 to 5 grs.
	Indication : Gulma, pleeha vriddhi, Arsha, grahani, Sthaulya, etc.		
557.	*Kāmini-Vidrāvana rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : It is a very strong aphrodisiac used in sexual weakness and impotency.		
558.	*Lankeshvara rasa.*	Bhaisajya Ratnāvali	3 grs. pills.
	Indication : Kustha rogas (Skin diseases).		
559.	*Lavangābhraka Yoga.*	Siddhayoga Samgraha.	5 grs. pills 1 to 2 pills.
	Indication : Atisāra, Grahani, Pravāhikā (Diarrhoea, Dysentry etc.) Amlapitta.		

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S. No.	Name of Medicine.	Reference.	Doses.
560.	*Lakshmi-Vilāsa rasa.*	Bhaisajya ratnāvali.	5 grs. pills 1 to 2 pills.
	Indication : Sannipāta jwara, Shvāsa, Kāsa, Kshaya, Hridroga and as aphrodisiac.		
561.	*Lilāvilāsa rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Amlapitta, (Acidity), Trishā, Shoola, Hriddāha etc.		
562.	*Laghumālini vasanta rasa.*	Rasatantra sāra.	3 grs. pills 1 to 2 pills.
	Indication : Chroniā fever, Vishamajwara and Dhātugata jwara.		
563.	*Lokanātha rasa.*	Vasavarājiyma.	10 grs. pills 1 to 2 pills.
	Indication : Pāndu, Yakridvikāra, Kāsa, Shwāsa and Jwara, Asthigata jwara.		
564.	*Lakshminārayana rasa.*	Yogaratnākara.	2 grs. pills 1 to 2 pills
	Indication. Jwara, Agnimāndya. Ajeernas, Sutikā.		
565.	*Mrityunjaya rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Jwara (fever), Vāta and Kapha jwara, Influenza and cold (Pratishyāya).		
566.	*Mahā-gandhaka yoga.*	Siddhayoga Samgraha.	5 grs. pills 1 to 2 pills.
	Indication : Atisāra, Grahani, It is very good carminative and used in many gastro-intestinal diseases.		
567.	*Manamathābhra rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Loss of labido, sexual weakness and impotency.		
568.	*Mohāndha-surya rasa.*	Bhaisajya Ratnāvali.	
	Indication : It is used as a snuff in unconsciousness.		

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S. No.	Name of Medicine.	Reference.	Doses.
569.	*Murchhāntaka nasya.*	Bhaisajya Ratnāvali.	2 grs. pills.
	Indication : Murchhā, fits and convulsions.		
570.	*Makaradhvaja rasa.*	Siddhayoga Sangraha.	5 to 10 grs. with honey.
	Indication : Rasāyana, Vājikarana. It is the best tonic, restorative and aphrodisiac.		
571.	*Mahāgandhaka rasāyana.*	Bhaisajya Ratnāvali.	2 to 5 grs.
	Indication : Intestinal diseases, Atisāra, grahani and skin diseases.		
572.	*Mukt-āpanchāmrita.*	Yogaratnākara.	3 to 5 grs.
	Indication : Chronic fever, cough, and consumption (Kāsa, Kshaya, Jeerna jwara).		
573.	*Masurikāntaka rasa.*	Bhaisajya Ratnāvali.	2 grs Pills.
	Indication : Masoorikā, (Small pox and chicken pox).		
574.	*Mahājwarānkusha rasa.*	Vasava rājiyam.	2 grs. pills 1 to 2 pills.
	Indication : Vishmajwara (Malerial fever).		
575.	*Malla-Sindura.*	Siddhayoga Sangraha.	2 grs.
	Indication : Vāta and Kapha rogas, Ardita (facial paralysis), Pakshāghāta and chronic coryza etc.		
576.	*Mahāmrigānka rasa.*	Bhaisajya Ratnāvali.	2 grs. pills
	Indication : Rājayakshmā and Jeerna jwara, Kshaya, Kāsa etc.		
577.	*Mahā Lakshmi Vilāsa rasa.*	Rasatantra sāra.	1 gr.
	Indication : Kshaya, Pāndu, Kāmala, Vātaroga, Pratishyāya, Sannipāta, Kāsa, Shwāsa, Shakti vardhaka.		
578.	*Mugdha rasa.*	Rasatarangini.	1 to 5 grs. for children $\frac{1}{4}$ to $\frac{1}{2}$ gr.
	Indication : Phirangaroga (Syphilis) Infantile diarrhoea.		
579.	*Madhumehāntaka rasa.*	Rasatantra sāra.	5 grs. pills 1 to 2 pills.

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S. No.	Name of Medicines.	Reference.	Doses.
	Indication : Madhumeha, Prameha (diabetes mellitus and other glycosuria).		
580.	*Mutra-Krichhrāntaka rasa.*	Rasatantra sāra.	15 grs. with sugar and milk.
	Indication : Mutra Krichhra (Painful micturation) Asmari, Sharkara, etc.		
581.	*Mahā-Vātavidhvansa rasa.*	Rasatantra sāra.	2 grs. pills 1 to 2 pills.
	Indication : Vātavyādhi, Āmavāta, Sandhivāta etc.		
582.	*Murchhāntaka nasya.*	Rasatantra sāra.	For external uses.
	Indication : Murchhā (Unconsciousness) to be used as a snuff.		
583.	*Nāradiya Lakshmi Vilāsa rasa.*	Bhaisajya ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Pratishyaya, Jwara (cold, coryza and fever).		
584.	*Nasyabhairava rasa.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : It is used as a snuff to bring consciousness in Sannipāta Jwara.		
585.	*Nidrodaya rasa.*	Rasayoga Sāgara.	15 grs. pills.
	Indication : Anidrā (insomnia), Unmāda, delirium etc.		
586.	*Nityānanda rasa.*	Rasatantra sāra.	3 grs. pills. 1 to 2 pills.
	Indication : Shlipada, Shotha, Andakosha vriddhi (Filariasis), Filarial fever.		
587.	*Nārācha rasa.*	Bhaisajya Ratnāvali.	For external uses.
	Indication : It is most powerful purgative. It causes purging by applying to the naval region.		
588.	*Navāyasa mandoora.*	Bhaisajya Ratnāvali.	5 to 10 grs.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Pāndu roga, Kāmalā, Jeerna jwara (Anaemia, jaundice and chronic fever).		
589.	*Nripati vallabha rasa.*	Bhaisajya Ratnāvali.	3 grs. pills.
	Indication : Grahani and Jeerna Atisāra (Sprue and chronic diarrhoea).		
590.	*Nashtapuspāntaka rasa.*	Bhaisajya Ratnāvali.	3 grs pills.
	Indication : Nasta-raja and Kastārtava (amenorrhoea and dysmenorrhoea).		
591.	*Pratāpa-lankeshwara rasa.*	Rasayoga ratnākara.	2 to 4 grs.
	Indication : Sutikā jwara, Sannipāta jwara, Moha, Vismriti etc.		
592.	*Putapākva-Vishama-Jwarāntaka Lauha.*	Bhaisajya Ratnāvali.	1 to 2 grs.
	Indication : Vishamajwara, Pāndu, Pleeha and Yakridrogas, Kāmalā, Chronic fever etc.		
593.	*Prabāla-Panchāmrita.*	Yogaratnākar.	3 to 5 grs.
	Indication : Kāsa, Dāha, Trishā, Rājayakshmā, Jeerna Atisāra and fever.		
594.	*Punarnavā-mandoora.*	Bhaisajya ratnāvali.	10 to 15 grs.
	Indication : Pāndu roga, Shotha, Udararoga, Shoola, Gulma etc.		
595.	*Panchānana rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Udara roga, Shotha, Vātabalāsaka jwara.		
596.	*Pippalyādi Lauha.*	Bhaisajya Ratnāvali.	3 grs. pills. 1 to 2 pills
	Indication : Hikkā and Shwāsa (Cough, Hicough and Asthma).		
597.	*Pittāshaya-shoola-hara yoga.*	Yogaratnākara.	5 to 10 grs.
	Indication : Pittāshaya shoola (Pain due to obstruction in bile duct).		
598.	*Pāshupata rasa.*	Bhaisajya Ratnāvali.	3 grs pills 1 to 2 pills.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Agnimāndya Ajeerna (deficient digestion and indigestion).		
599.	*Pāndu-panchānana rasa.*	Bhaisajya Ratnāvali.	5 grs. pills 1 to 2 pills.
	Indication : Pāndu roga (Anaemia), Chronic fever.		
600.	*Piyūsavalli rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Pravāhikā and grahani (Dysentry and Sprue Syndrome).		
601.	*Panchāmrita parpati.*	Bhaisajya Ratnāvali.	2 to 4 grs. with honey.
	Indication : Grahani and Chronic diarrhoea.		
602.	*Puspadhanvā rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : It is an aphordisiac and restorative. It is used in sexual weakness and impotency.		
603.	*Pradarāri rasa.*	Yogarantākara.	5 grs pills. 1 to 2 pills.
	Indication : Pradara, (Menorrhagia and leucorrhoea).		
604.	*Pradarāntaka Lauha.*	Rsatantra sāra.	5 grs. pills 1 to 2 pills.
	Indication : Pradara and Pāndu (Menorrhagia and Anemia).		
605	*Rasa pippali.*	Bhaisajya Ratnāvali.	1 to 2 g with hone
	Indication : Kāsa, Shwāsa, Chhardi, fever of children and other diseases of children.		
606.	*Rohitaka Lauha.*	Bhaisajya Ratnāvali.	5 grs. pills 1 to 2 pills.
	Indication : Yakridroga, Pleeharoga (diseases of the liver and spleen).		
607.	*Rasaparpati.*	Siddhayoga Samgraha.	2 grs.
	Indication : Grahani roga and Jeerna Atisāra.		
608.	*Rasarāja rasa.*	Bhaisajya Ratnāvali.	2 grs.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Vāta vyādhi (Nervous diseases, Paralysis etc.).		
609.	*Sannipāta bhairava rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Sannipāta Jwara, Udāvarta and shoola.		
610.	*Sarva-Jwara-hara Lauha (Brihat).*	Bhaisajya Ratnavali.	3 grs pills 1 to 2 pills.
	Indication : Chronic fever (Jeerna jwara), Vishama jwara, Bhutottha Jwara etc.		
611.	*Suvarna-bhupati rasa.*	Yogaratnākar.	2 to 4 grs.
	Indication : Sannipāta Jwara, Āmavāta, Dhanurvāta, Urustambha etc.		
612.	*Svarna-Sutashekhara rasa.*	Rasatantra sāra.	2 grs. pills 1 to 2 pills.
	Indication : Amlapitta, Vamana, Shoola, Dāha, Kāsa, Shwāsa, Hikkā, Jwara, Udararoga etc.		
613.	*Shitānsu rasa.*	Vasavarājiym.	2 grs. pills 1 to 2 pills.
	Indication : Jwara, Vishamajwara (Malerial fever).		
614.	*Shitala parpati.*	Rasatantra sāra.	10 to 20 grs.
	Indication : Mutra-krichhra, Mutravārodha (Painful micturation, and retention of urine), Amlapitta, Udarshoola etc.		
615.	*Shita-bhanji rasa.*	Rasatantra Sāra.	2 grs. pills 1 to 2 pills.
	Indication : Shitajwara (Maleria), Kapha jwara.		
616.	*Sarvāngasundara rasa.*	Rasatantra sāra.	2 grs. pills 1 to 2 pills.
	Indication : Chronic fever, Jeerna grahani and Pravāhikā, Balya, Agnimāndya etc.		
617.	*Svarna-Vasanta-Mālati rasa.*	Bhaisajya ratnāvali.	2 grs. pills 1 to 2 pills.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Chronic fever, Rājayakshmā, Kāsa, Kshaya, Dhatugata jwara etc.		
618.	*Siddha prāneswara rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Jwarātisāra, (fever with diarrhoea), Grahani, (chronic diarrhoea etc.).		
619.	*Sutikā-Vinoda rasa.*	Bhaisajya Ratnāvali.	7 grs. pills. 1 to 2 pills.
	Indication : Sutikā Jwara, Puerperal fever, Vishtambha, Ajeerna and shoola after delivery.		
620.	*Shvāsa-Kuthāra rasa* :	VaidyaChintāmani.	3 grs. pills 1 to 2 pills.
	Indication : Shwāsa, Kāsa (Asthma and cough).		
621.	*Shvāsa-Kāsa-Chintāmani rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Shvāsa, Kāsa (Breathing trouble and cough with fever and without fever.		
622.	*Shringārābhra rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Shlesma Jwara (Influenza), Kāsa, Shvāsa (Cough and breathing troubles), Jeerna jwara, pāndu.		
623.	*Shlipadāri Lauha.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Shlipada (Filarial fever and filariasis).		
624.	*Shlipada-gaja-keshari rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Shlipada and Shlaipadika Jwara, (Filaria and filariasis).		
625.	*Shoola-Kuthāra-rasa.*	Yogaratnākar.	5 grs. pills 1 to 2 pills.
	Indication : Shoola (All types of pain in abdomen and vasti).		

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S. No.	Name of Medicine.	Reference.	Doses.
626.	*Shoola-gaja-Keshari rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Shoola (All types of abdominal pain).		
627.	*Shothāri Lauha.*	Bhaisajya Ratnāvali.	7 grs. pills 1 to 2 pills.
	Indication : Shotha and Udara roga (Oedema and abdominal diseases).		
628.	*Shotha-Panchānana-rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Shotha (Oedema).		
629.	*Singhanāda guggulu.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Āmavāta, Sandhi vāta (Rheumatism and arthritis.).		
630.	*Shankhodara rasa.*	Rasayoga sāgara.	3 grs. pills.
	Indication : Atisāra, Raktātisāra, Pravāhikā (Diarrhoea and dysentry), Shoola.		
631.	*Shirah-shoolādri-vajra rasa.*	Bhaisajya Ratnāvali.	5 grs. pills 1 to 2 pills.
	Indication : Shirah-Shoola (Headache).		
632.	*Samira-Pannaga-rasa.*	Yogaratnākara.	2 grs. pills. 1 to 2 pills.
	Indication : Vātavyādhi (Nervous diseases), Sandhivāta, Unmāda, Kāsa, Shwāsa, etc.		
633.	*Tribhuvanakirti rasa.*	Rasatantra sāra.	1 grs. pill 1 to 2 pills.
	Indication : Fever, Kapha Jwara, Jwara, Vātajwara, Influenza etc.		
634.	*Tālakeshvara rasa.*	Bhaisajya Ratnāvali.	7 grs. pills 1 to 2 pills.
	Indication : Vātavyādhi Jnānashunyatā (Loss of sensation due to nervous diseases.)		
635.	*Trailokya chintāmani rasa.*	Yogaratnākara	3 grs. pills 1 to 2 pills.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Rasāyana. It improves the condition of digestion and restores strength, vitality. Kāsa, shvāsa, Kshaya etc.		
636.	*Trayahakāri rasa.*	Bhaisajya Ratnāvali.	3 grs. pills 1 to 2 pills.
	Indication : Tritiyaka Jwara, (Tertian fever and other malerial fever).		
637.	*Trivikrama rasa.*	Rasatantra sāra.	3 grs. pills 1 to 2 pills.
	Indication : Ashmari, (Stone in Urinary tract), calculus and renal colic.		
638.	*Upadansahara rasa.*	Bhaisajya Ratnāvali.	5 grs. pills.
	Indication : Upadansha and Phiranga (Syphilis).		
639.	*Upadansha Surya rasa.*	Rasatantra sāra.	2 grs. pills 1 to 2 pills.
	Indication : Upadansha, Yonidosha, etc.		
640.	*Vishvatāpa-harana-rasa.*	Rasatantra sāra.	2 grs. pills.
	Indication : Fever (Jwara), Vishamajwara, Dhātu-gat Jwara etc.		
641.	*Vishama-Jwarāntaka-Lauha.*	Bhaisajya ratnāvali.*q*	2 to 7 grs.
	Indication : Vishama Jwara, (Chronic fever) Pleeha—vriddhi, Yakridvriddhi.		
642.	*Vāta-Gajānkusha rasa.*		2 grs. pills 1 to 2 pills.
	Indication : Vātavyādhi, Āmavāta, Vātarakta, etc.		
643.	*Vāta-chintāmani-rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Vātavyādhi (Nervous diseases), Pakshāghāta (Paralysis), Ardita and Gridhrasi etc.		
644.	*Vātaraktāntaka rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Vātarakta (Gout) and skin diseases, arthritis etc.		
645.	*Vidanga Lauha.*	Bhaisajya Ratnāvali.	5 grs. pills. 1 to 2 pills.

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S. No.	Name of Medicine.	Reference.	Doses.
	Indication : Krimiroga (Intestinal worms, thread worms and round worms), Pāndu.		
646.	*Vidanga tāmbula rasāyna.*	Bhaisajya Ratnāvali.	5 to 10 grs.
	Indication : Rasāyana, Intestinal worms, weakness etc.		
647.	*Vamanāntaka rasa.*	Yogarattnākar	2 grs. pills.
	Indication : Vamana (Vomiting).		
648.	*Vyādhiharana rasayna.*	Rasatantra sāra.	1 to 2 grs.
	Indication : Upadansha, Phiranga and its secondary infection. Skin diseases and Sandhī vāta.		
649.	*Vangeshvara rasa.*	Yogaratnākara.	5 grs. pills 1 to 2 pills.
	Indication : Mutrakrichhra, Somaroga, Ashmari, Pānduroga (Urinary diseases and calculus in urinary tract).		
650.	*Vasanta Tilaka rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indiication : Kāsa, Shwāsa, Jwara, Kshaya, Rājayakshmā, Hridroga (Diseases of the respiratory system and heart)		
651.	*Vasanta Kusumākara rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Prameha, Madhumeha, Kshaya, (Urinary diseases, diabetis melitus etc.).		
652.	*Varunādi Lauha.*	Rasayoga Sāgara.	7 grs. pills 1 to 2 pills.
	Indication : Mutra—Krichhra, Ashmari, Mutrāghāta (Urinary troubles, calculus in urintary ract).		
653.	*Vāta-Kulāntaka rasa.*	Rasatantra Sāra.	2 grs pills. 1 to 2 pills.
	Indication : Apasmāra (Epilepsy), Apatantraka (Hysteria) and other vāta rogas—convulsion etc.		

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S. No.	Name of Medicine.	Reference.	Doses.
654.	*Yogarāja guggulu.*	Siddhayoga Sangraha.	7 grs. pills 1 to 2 pilsl.
	Indication : Āmavāta, Sandhivāta, (Rheumatism, Arthritis), Medovriddhi and Kustha rogas.		
655.	*Yogarāja rasa.*	Charaka Samhitā.	10 grs pills 1 to 2 pills.
	Indication : Pāndu, Kāmalā, Kāsa, Rāja Yakshmā, Jeerna Vishamajwara, Apasmāra etc.		
656.	*Yakridari Lauha.*	Bhaisajya Ratnāvali.	5 grs. pills 1 to 2 pills.
	Indication : Yakridrogas (diseases of the liver).		
657.	*Yakritpleehāri Lauha.*	Bhaisajya Ratnāvali.	5 grs. pills 1 to 2 pills.
	Indication : Yakrid and Pleeha rogas (diseases of the liver and spleen).		
658.	*Yogendra rasa.*	Bhaisajya Ratnāvali.	2 grs. pills 1 to 2 pills.
	Indication : Vātavyādhi (Nervous diseases), Prameha, Bahumūtra, (Urinary diseases).		
659.	*Yākuti.*	Siddhayoga Samgraha.	2 grs. pills 1 to 2 pills.
	Indication : Heart diseases, Hriddaurbalya, Palpitation, weakness of pulse etc.		

ĀSAVA AND ARISTA

660.	*Kālameghāsava.*	Rasatantra Sāra.	3 to 4 drachms after meals.
	Indication : Yakridvikāra, (Liver diseases), Chronic fever, jaundice etc.		
661.	*Mahā Manjisthādyarista.*	Rasatantra Sāra.	-do-
	Indication : Skin diseases, Kustha roga, Vātarakta, very good blood purifier.		

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S. No.	Name of Medicine.	Reference.	Doses.
	RASA—RASĀYNA		
662.	*Dhātri rasāyana.*	Siddhayoga Samgraha.	1 to 2 drachms.
	Indication : Rasāyana, a very good tonic and restorative; used in Dhātu-daurbalya and other kind of weakness.		
663.	*Rasa Sindura.*	Rasendrasāra Samgraha.	1 to 2 grs.
	Indication : Rasayna. It is a very good cardiac stimulant, used in place of Makaradhvaja.		
664.	*Swarna Vanga.*	Rasendrasāra Samgraha.	3 to 5 grs.
	Indication : Urinary diseases, Prameha, Mutra krichhra and Svapnadosha etc.		
665.	*Tāpyādi Lauha.*	Rasatantra Sāra.	2 to 5 grs.
	Indication : Pānduroga (Anemia), Chronic fever, Krimiroga (Intestinal worm), Hridaya-daurbalya.		
	TAILA		
666.	*Sidhma-Kilāsa hara taila.*	Rasatantra Sāra.	For external uses.
	Indication : Sidhma and Kilāsa (Pytriasis and leucoderma).		
	BHASMA		
667.	*Swarna Mākshika Bhasma.*	Rasaratna Sammuchchaya	2 to 5 grs.
	Indication : Pāndu, Kāmala, Mukhapāka and Kshaya.		
	OTHERS		
668.	*Vātahara guggulu.*	Rasatantra Sāra.	10 to 15 grs.
	Indication : Āmavāta (Rheumatism), Sandhivāta (Arthritis) and other nervous trouble.		
669.	*Jambira Lavana Vati.*	Siddhayoga Sangraha.	1 to 2 pills 10 grs
	Indication : Agnimāndya, Ajeerna (Indigestion).		
670.	*Kutajā-valeha.*	Shārngadhara Samhitā.	2 to 3 drachms.
	Indication : Atisāra, Grahani, Arsha, Krimi roga.		

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CORRIGENDUM ADDENDUM

Page.	*Line.*	*Incorrect.*	*Correct.*
24	28	Rhus, Sucidanea	Rhus succidanea.
30	5	Luxative	Laxative.
73	11	Tuai	Tulasi.
74	6	is due	it is due
168	1	Casturd	Custard
169	(Heading)	Skin wiseases	Skin diseases
184	14	lever	liver
195	(Heading)	Disease	Diseases
206	18	Anidr	Anidrā
225	(Heading)	Diseases of the *Women* Scrotum and Testicles.	(Please remove women).
313	(Heading)	Apyendix.	Appendix.

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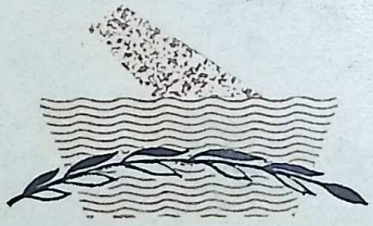

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